

Our light bulb moment.

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Imagine

He won't have to remember passwords.

Or obsess about security.

To him, every screen is meant to be touched.

And Web pages should be scribbled on and shared.

And as he grows, and gets better at things, his technology will too.

He'll do things his parents never even dreamed of.

The future starts now, for all of us.





A more human way to do

windows.com



Has a nice ring to it, right? In 2015, wellness has truly become let's take a look back on the most pivotal moments



Women's Health officially launches when readers flood our bro-pub, Men's Health, with requests for a magazine of their own. Grassroots goodness, before hashtags #ruled #the #world



Stella McCartney reveals her fashion-meets-fitness line with Adidas, ushering in the "gym to street" trend. Previously considered sporty-cool: velour tracksuits with splashy butt logos.



Dancing with the Stars hits (oh, hey, Mr. Peterman!), revitalizing dance as a legit workout with hot-bod results. The franchise continues to sculpt A-list figures out of C-list stars.



SoulCycle opens its first cycling studio, and with it, the concept of "fitness as religion" is born-right down to its candlelit rooms. The chain now has more than 13,000 riders (or converts) per day.





See ya, Carrie Bradshaw! It's Zen in the city. Gabrielle Bernstein makes spirituality cool with Add More -Ing to Your Life, helping bring about a cultural shift of metro women who want more namastes not Manolos, in their lives



Prestige beauty-product sales plummet. Don't get us wrong: We still crave luxury. Fueled by millennials, consumers put their money on pampering experiences over pampering things, as spa visits increase across the country.



Paparazzi abandon the typical airports and nightclubs and instead creep on fitness studios like Barry's Bootcamp for the new money shot-stars like Jessica **Simpson** emerging all glowy and cardio'd up.



The USDA officially recognizes "local food"; farmers' markets double in number from 1998; and farm-totable restos become mainstream darlings, like chef Dan Barber's Blue Hill in New York.



The bigger the trend, the more it gets mashed up. People go bananas for hybrid fitness-Piloxing (Pilates and boxing), Barre3 (Pilates, ballet, and yoga), Yogalosophy (yoga and toning), and Yogalates (yoga and, duh, Pilates).



Girls debuts. Lena Dunham's hit HBO show about four friends in New York is usually funny, often messy, always brave. As the director and lead, Dunham forced conversations about how the public reacts to imperfect female bodies, helping scores of women own their size.

"Strong is the new skinny" gets pinned to pretty much everyone's Pinterest boards, as women declare they'd rather be fit than thin. Plenty of inspo to be had on the small screen (Game of Thrones) and the big one (The Hunger Games): fierce.





Eff your vegan stereotypes! The profane vegan food blog Thug Kitchen debuts, making black bean burgers more badass than beef. (It eventually becomes a hit book.) Justin Timberlake dresses up as human tofu for SNL's Veganville sketch, No shame in this game.



Blow-dry bars partner with fitness studios to solve a head-scratcher: your workout or your blowout? Hairstylists make health-club calls (hi, Glam & Go!) or set up shop in gyms (David Babaii opens a salon in Tracy Anderson's Brentwood locale).

2013

2012

ALTHY, WELL-THY

the ultimate status symbol. As WH blows out 10 candles, that reshaped our minds, our bodies, our lives.



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Blue goes green, Time names eco-clothing one of the biggest trends of the year, and denim's at the forefront. Levi's recycles buttons on its pairs; Loomstate (a selvaged line) designs eco-denim for Barneys.



Celebs ditch their Céline satchels-okay, put them aside for a secfor Anya Hindmarch's "I'm Not a Plastic Bag" totes. That spirit carries on with Lauren Bush Lauren's **FEED** projects. The purchase of each burlap bag provides enough meals to feed one child for a year.



Hilary Swank says she takes vitamin injections and 45 supplements daily to stay healthy. The world gasps (she cray!), but the vitamin business swells, recession be damned.



Michael Pollan's In **Defense of Food** sits atop the New York Times best-seller list for six weeks, crystallizing the eatclean movement with seven oftquoted words: "Eat food. Not too much. Mostly plants.



WH puts a celebrity on its cover for the first time (Elizabeth Banks, represent!) and newsstand sales spike. Just like that. fitness mags are the new "it" mags.

2007



Green beauty gets purty. After the success of her Eco Tools collection in 2009, Alicia Silverstone launches her line for Juice Beauty, an organic skin-care company. In 2012, the global demand for organic personal care reaches more than \$7.6 billion and is predicted to double by 2018



Wellness scores its own Coachella. The first Wanderlust Festival (marrying meditation and yoga with music and fashion) kicks off in California. Like-minded events—with dreamy names like Lightning in a Bottle and Beloved-follow.

2008

harmful tanning

Visits to tanning

with bottled

alternatives.

salons plummet;

Twilight, with its

ghostly-skinned

vampires, grosses

\$70 million on its

opening weekend



Famous folks used to endorse products. With Gwvneth Paltrow's debut of Goop, they endorse lifestyles. Healthy ones. Blake Lively, Lauren Conrad, and Molly Sims are next, using their sites as a litmus test for health trends.



Fitness gear as riveting plot device: In Netflix's hit House of Cards, Frank Underwood (played by Kevin Spacey) rows away his rage and sexual frustration. Rowing machines see a sales spike, and rowing studios pop up from coast to coast.



"Fast fashion" slows down long enough to get a conscience. **H&M** begins offering a 15 percent discount for shoppers bringing in old clothes to recycle. Baby steps, people.



Trend spotters coin the phrase "quantified self"self-knowledge through numbers-as we slap fitness trackers on our wrists. The Fitbit Flex comes out, and Nike releases a gorg rose-gold version of their Fuelband. Analysts predict the market will reach nearly \$3 billion by 2019.



Morning, sunshine! Care for some dancing and DJs with that OJ? Davbreaker, sober a.m. raves, is born. The trend gives way to crack-ofdawn "flash mob" workouts, like the November Project, which has spread to nearly 20 cities across the U.S.



Juicing moves from infomercial to way of life. The fresh-pressed juice and smoothie bar industry whirs its way to \$2 billion; Starbucks shills sippable greens alongside lattes: and singer-songwriter Ed Sheeran drops a multimillion-selling record and two shirt sizes-crediting green drank for his slim-down.

Y, COOL, HEALTHY, WELL-TH



The term "athleisure (streetwear meets activewear) hits critical mass, driving the bulk of fashion's profits. As more women start living in leggings, denim sales sputter to their lowest numbers yet.



Wellness goes viral with Buzzfeed's new health vertical, and Refinery29 launches a channel that tackles the subject through its style lens. Welcome to the party, you two!



Mindful makeover: Google searches on the topic soar; Gisele takes a three-day "vow of silence" in Costa Rica; and Unplug, the "Drybar of meditation,' promises that you can "walk in icky and leave feeling great.'



More surprising than Kimve on the cover of Vogue's annual "Shape Issue"? This coverline: "The Fittest Woman on Earth." Yep, a hard-core workout story promoted on the most lofty of fashion magazines.

Diabetes for the win? Miss Idaho, Sierra Sandison, wears her insulin pump clipped to her hip during the Miss America pageant, showcasing a health condition that isn't usually seen as beautiful, and scoring tons of public admiration.

2014





CVS changes its name to CVS Health, eliminates cigarette sales from all of its stores, and makes beauty one of its major pillars to recoup the \$2 billion it lost from big, bad tobacco.



for gluten, ya'll. The G-free biz hits \$8.8 billion, and that's not even including pet fare, cosmetics, hair conditioners, and facial moisturizers. Jimmy Kimmel jokes that eating the grain is now "comparable to Satanism."



Athleisure, it just keeps getting chicer! Chanel and Dior toss off their heels and send sneakers down the runways at the 2014 couture shows in Paris.



Vacav used to mean blowing off fitness. stuffing your face, and coming home with extra lbs. Then came "wellness tourism," and not just at highend hotels. The Westin offers "run concierges" to keep you moving, spa-like beds, and a "sleep well" menu of superfoods.



Faster food, curated. A new wave of delivery services enters the market, letting you eat like a boss without slaving on prep. WH hooks up with **Chef'd** to create its own meals.



Copeland the star of

its "I Will What I Want"

dances, a child's

host of hurtful

campaign. As Copeland

voiceover recites a

rejections ("You

have the wrong

body for ballet").

The ads inspire us

all to shut out

the critics.

Organic foods become such major business that even big-box stores like Walmart offer an orgy of fresh-plucked produce. In response, Whole Foods launches a lower-priced offshoot chain called 365, aimed at millennials. The message: organic, all day, every day. Peace.



Work out, have a blast in your bikini, and get beach-wave tutorials, all at once. Tone It Up girls Katrina Hodgson and Karena Dawn reach half a million Instagram followers, more than three of the biggest male trainers combined. Respect.■

2015



EXCEPTIONAL 2012 VINTAGE



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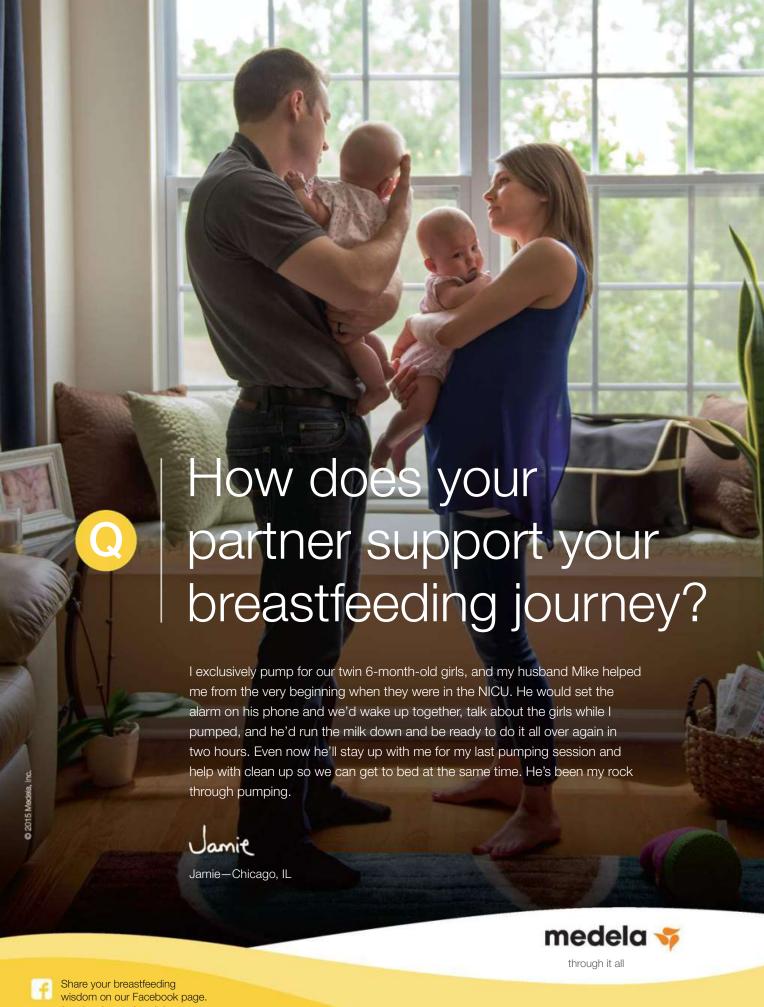
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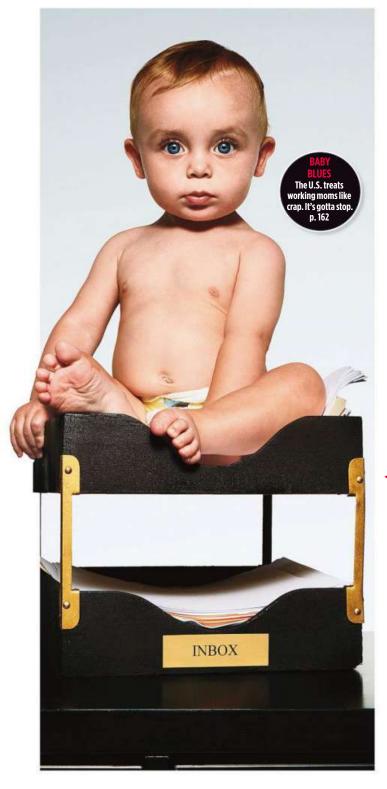


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9







FOOD 99 THE DARK SIDE RISES >

But it's far from evil: These black foods are packed with nutritional bennies. Can we get a

HEALTH

side of Han Solo?

A SHOCK TO THE **SENSES**

You've got five, and we want you to keep them. Use this intel to stop daily activities from causing irreparable harm.

9() **ÝOÙR BODY ON...** A PHONE CALL

An old-school dial-up is as great for your mood as it is for your blood pressure.

WORKING WITH CANCER

Know your rights, who to tell, and what to expect with our primer on navigating the 9-to-5 when you're seriously ill.

162MOTHER F*CKER

We're talking to you, federal government! Is job security and recovery time for new moms too much to expect? Join our fight for better maternity leave in America.

WEIGHT LOSS

106 **DEFLATE YOUR TAILGATE**

Let the games begin! Minus the greasy, calorieloaded snacks. These football-season eats are delish and far healthier.

YOU LOSE, YOU WIN

This reader quit the milkshakes, added 5-Ks, and lost 90 pounds!

LOVE & SEX 126 5 JUICY

QUESTIONS WITH... smokin' country heartthrob Dierks Bentley

FASHION

WORKOUT TO NIGHT OUT

Sweatproof, bounce-free jewelry and cool tanks that transition seamlessly

172 LEATHER UNBOUND

The fabric's best new looks are feminine, profesh—and nothing you'd find at a Harley-Davidson convention.

GO FROM BARRE TO **BAR IN THESE** GEMS. P. 70



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Whether expensive condoms are more effective, plus other need-to-know answers 43 DISCUSS!

From health to sex to fitness and more, the juiciest news, most

essential stats, and wow-'em convo starters this month 112 BUY 5, DROP 5 Eat your way to a smaller size.

184 YOU: THE INSTANT **EXPERT...**on bras





OVE YA, READERS!



Why the outburst of emotion? Why am I wearing a shirt with a 10 on it? It's the 10th anniversary of Women's Health! (Woo-hoo!) Asking around the company for memories of the launch, we heard one sentiment that really resonated: "WH became the women's magazine that women who hated the idea of women's magazines came to read," said our international editorial director Laura Ongaro. And I hope that's true now more than ever.

Here's what we mean by that: We know you're an amazing human being already (one with a very full, very busy life!) - so we don't come to you with a list of things you need to change or buy or feel insecure about. Our goal is to show you a few tricks about how you can be even better (take 'em, but also feel free to leave 'em!). We never want to make health and wellness feel like a chore; we always want to make you think more deeply about the latest happenings in women's rights and empowerment; and we insist that you enjoy yourself-we pride ourselves on a witty turn of phrase peppered within our no-BS voice.

In the past decade, WH has launched 27 international editions and become the fastest-growing women's brand in the world. But because we're not ones to rest on our yoga mats, I'd love to hear what you think of the mag, or what you'd like to see more (or less) of. Tweet me! Instagram me! As soon as I finish this glass of celebratory champers, I'm all yours.

AMY KELLER LAIRD Editor-in-Chief

🔰 @amykellerlaird 👩 @aklaird

REAL BEAUTY, REAL CHANGE SADBUTTRUE: LOTS OF "PINK" **PRODUCTS GIVE PEANUTS TO** BREAST CANCERRESEARCH. THAT'S WHERE THESE THREE COMEIN: 100 PERCENT OF THE **PROFITS FROM THEIR SALES** GO TO FINDING A CUREOR SUPPORTING THOSE AFFECTED. EOS BCA LIP BALM WALGREENS

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JANE IREDALE SMELL THE ROSES

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Why I Believe #PaidLeavePays

In the week before going into labor with my first son, he had an in-utero stroke and suffered bilateral brain damage. He was in the neonatal intensive care unit for two weeks, and doctors weren't sure if he would ever walk...or read. It was a terrifying time, and the anxiety made me nauseous for days on end and very depressed. With my second son, I started having contractions at 30 weeks and was in and out of the hospital for a week before being put on bed rest for the remainder of my pregnancy.

Now imagine these situations playing out for women who, unlike me, don't have paid maternity leave or health care, are obliged to go back to work a week after giving birth when their child is hooked up to machines, or have no choice but to labor through the last weeks of pregnancy despite a doctor's warning against it. For legions of American women, this is reality.

I am unbelievably blessed: Both of my sons are healthy and happy (my oldest has been called a "miracle"—he fully recovered and loves playing tag, talking in accents, and watching those Minions; my youngest is fearless in everything), and I have had the good

fortune of working for companies that offer paid mat leave and the flexibility to work from home. But federal policy in this country—which, in the best-case scenario, offers 12 weeks of unpaid leave to about 60 percent of workers—is insanely outdated and harmful to women and their families. Please join WH in telling the government why #PaidLeavePays by snapping a picture of yourself and posting it to Instagram or Twitter. Our story on page 162 suggests more ways you can get involved.







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improvement in

my skin, and I feel

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THE

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and it keeps my

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on my twenty-something

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destinations, and dating

technologies. I am

always listening

and learning.'

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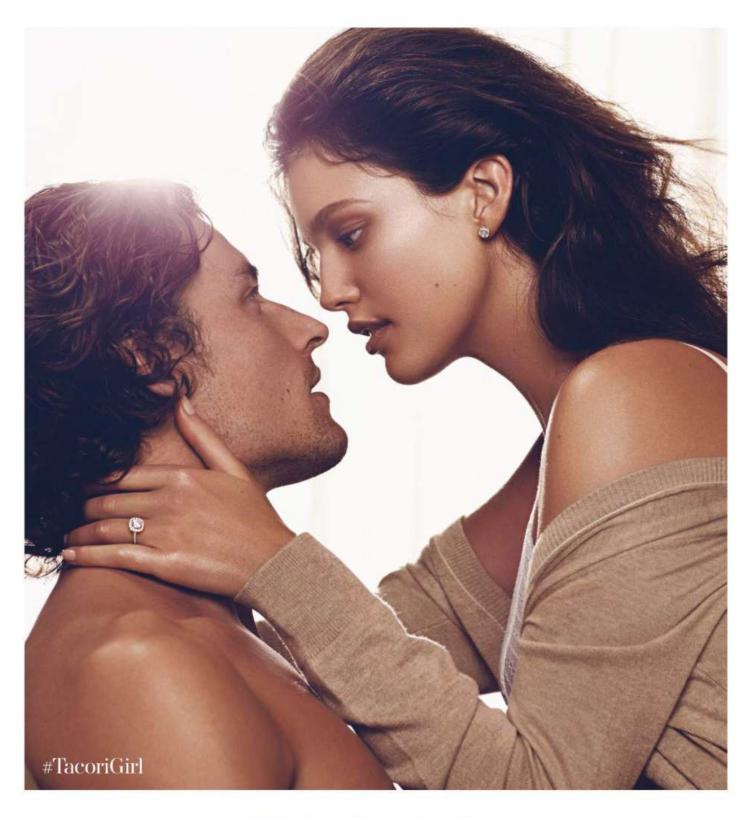
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Get VH More VH

WHO WILL TOUGH IT OUT?

Your Tuesday nights are about to get way more fierce—and sweaty!

Women's Health has partnered with Spike TV for their new reality-competition series, Sweat, Inc. hosted by

> workout powerhouse Jillian Michaels! Watch as 27 aspiring fitness entrepreneurs compete to prove their new exercise program is the most groundbreaking and effective. In the end, one contestant will win \$100,000, the

opportunity to develop their fitness brand and launch their program at multiple Retro Fitness locations across the country, and a feature in Women's Health! For more, head to Spike.com/shows.

> CATCH THE PREMIERE! une in to Sweat *Inc.* on Tuesday, October 20, at 10 p.m. ET/PT,



10 Years of WH

Covers!

Oh hey, gals, we're a decade old! (And hotter than ever, if we do say so ourselves.) Flip through our time capsule of every cover on Womens HealthMag .com and see how much we've grown (that's our first official issue.

above).



REESE WITHERSPOON ON...

what she would tell her vounger self. Watch her video now at WomensHealth Mag.com/Reese.

PLAY DRESS-UP

Wow the crowd this Hallow's Eve. Throughout October, we'll be posting creative, clever, and funny costume ideas to our Instagram account with the hashtag

#WHCostumeParty. Get your freak on!







(Down)Size Me

What does "small" look like to you? Depending on whether you're at a movie theater, restaurant chain, or 7-Eleven. could be a huge diff. Take a look at "small" drinks at several popular slurping localesand learn how much you're actually imbibing-at WomensHealthMag.com.

WE STAY RUNNING 24 HOURS SO YOU CAN TOO

runWestin[®]



Traveling can throw off your workout routine. That's why our health club inspired WestinWORKOUT® fitness studios stay open 24/7. With plenty of treadmills in our facilities, you can get your run in while you're on the road.

Learn more at westin.com/movewell

For a better you."

























What's in Danielle Panabaker's

Workout Bag?

The star of the CW's hit superhero show, The Flash, is pumped to host our RUN 10 FEED 10 event in San Francisco on October 25-it will be her first race! "The most I've ever run is, like, to catch the ice cream truck." Her jam? Indoor cycling.



organized like Danielle with the Max Air Duffel (\$60, nike .com), and see more of her must-haves at WomensHealth Mag.com/Celeb WorkoutBag.

Small foam roller 'M<mark>v lower body can</mark> get really tight from spinning. Foam rolling makes a difference. TriggerPoint Grid Mini, \$2<mark>5, tptherapy.com</mark>





Chocolate Bar <mark>"I crash quickly af</mark>ter workout, so I always have a snack in my bag." \$2, at grocery stores

Resistance bands They're great for traveling—you don't need a gym!" Gaiam 3-piece Restore Strength & Flexibility Kit, \$15, amazon.com



Readers, you're friggin' all-stars! Keep posting those food and fitness triumphs by tagging your tweets and Instagrams #WHStrong.



"Beautiful day to work out outside...using the resources available to get in some box jumps. #WHStrong" -@training2xl



"OMG baby look at that bite! #cleaneating #meatlessdinner #WHStrona" -@thefitgirltalk



"Grateful for the golden hour of sunshine this morning. #Yoga4Everybody #WHStrong"—@rock3roll

C'mon, get social with us!







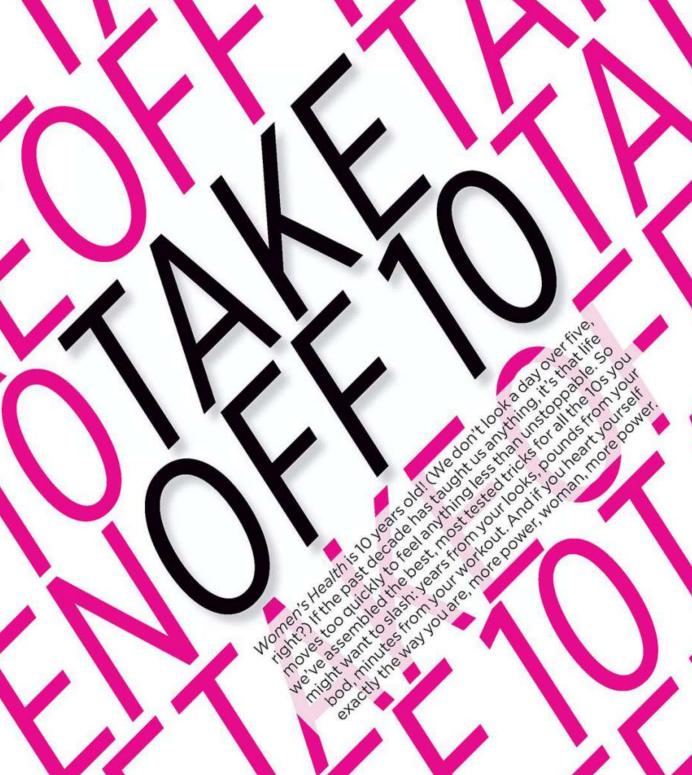


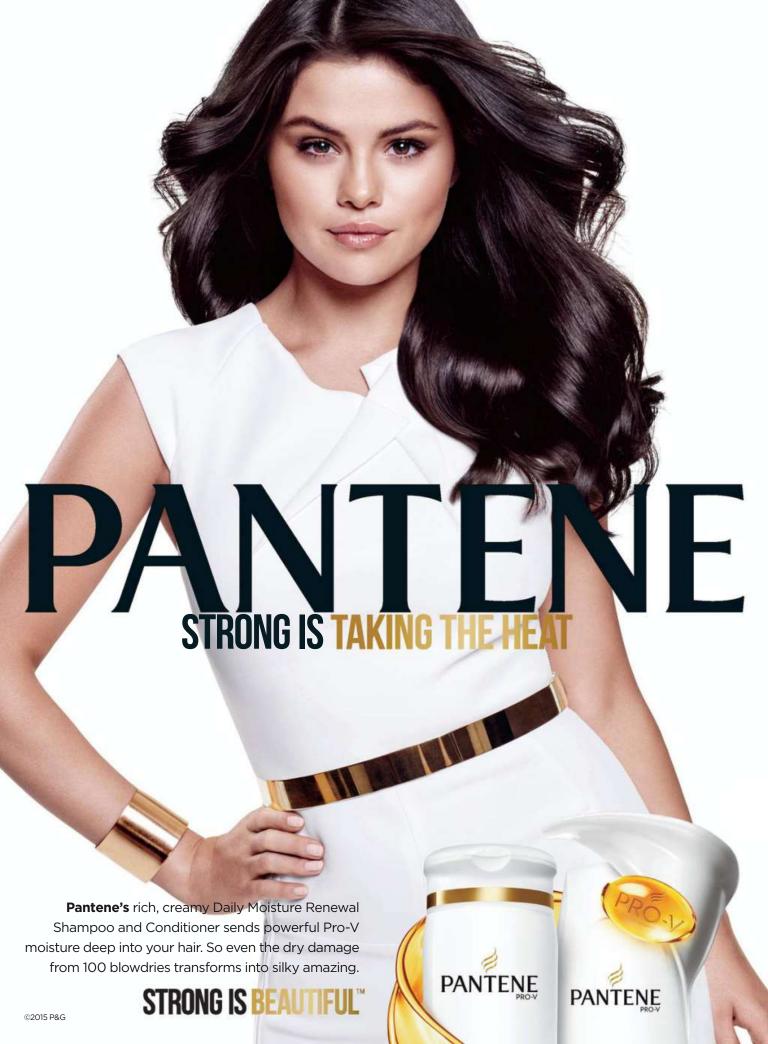


@WomensHealthMag









WILL HELP.

TRICK YOUR TASTE BUDS

DREAMS! BUT

THESE TIPS

PAN. PIPE

Soakingup umami-the savory flavor so popular in Japan—may actually help you eat less, reports The American Journal of Clinical Nutrition. People who slurped soup with extra umami flavor before lunch ate 30 to 50 fewer calories and felt just as satisfied as those

who didn't. Researchers believe umami may subconsciously signal that a food is high in protein, which makes your body think you ate a more filling meal than you actually did. Add some with fish sauce or bacon.

DROP: about five pounds in a year

GIVE THE OVEN SOME LOVIN'

Making one meal per day at home, six or seven days a week, led to an average daily savings of 573 calories. That ain't small potatoes!

DROP: up to 59 pounds in a year (dude!!)

PUREE AWAY

Slim down by bulking up your meals with extra-filling fiber in the form of blended vegetables: Folks who ate a casserole made with veggie puree (carrots, squash, and cauliflower) downed about 200 to 350 fewer calories that day, according to Penn State researchers.

DROP: about 25 to 35 pounds in a year

GET COUNTER INTUITIVE

Out of sight, out of stomach. Researchers at Cornell University Food & Brand Lab found that women who had cereal, fizzy drinks, and cookies cluttering up their counters weighed significantly more than those who stashed the stuff out of sight. Food isn't the only culprit: Leaving mail, newspapers, and dishes out can amp up your snacking by more than 50 percent, research suggests. DROP: about nine to 26 pounds a year

THE CLOSET

YOU DON'T HAVE TO SQUEEZE INTO A SAUSAGE CASING TO VISUALLY LOSE A FEW. SHAPE-SHIFT IN COMFORT WITH THESE FIVE PIECES.

DARK BLAZER

Lose the flowy fabrics. A tailored jacket adds structure and nips you in at the waist.



LONG CHAINS

By drawing the eye from neck to navel, they make you look Karlie Kloss lean.



PENCIL SKIRT

An oversize dress conceals, sure—or makes you look pregnant. The silhouette of a form-fitting, knee-grazing pencil skirt slims all shapes.

MONOCHROMATIC DRESS

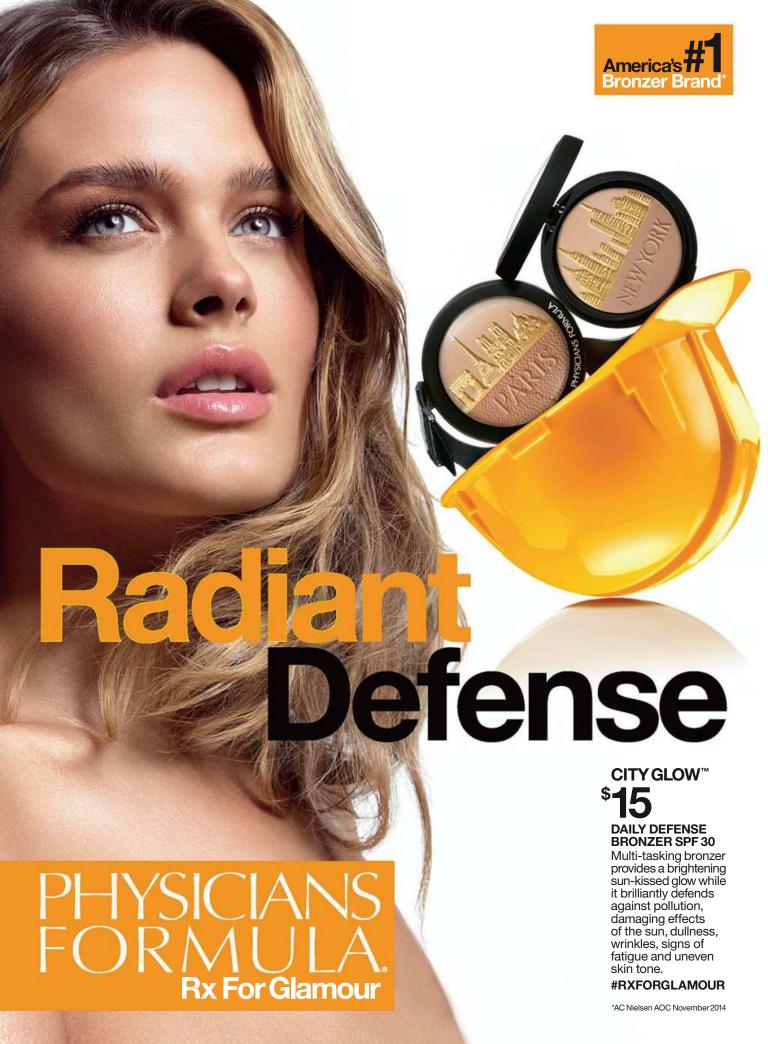
LBDs don't have to be your only option. Go colorful: Just choose a single bold shade.



STRIPED TEE

Vertical stripes get all the love, but a study found that mannequins with horizontal lines appeared taller and narrower thanks to something know as the Helmholtz illusion. YAS.

BLAZER: Ann Taylor, \$169, anntaylor .com NECKLACE: Loft, \$34.50, loft .com SKIRT: Boden, \$88, bodenusa .com DRESS: Zara, \$70, zara.com TEE: J. Crew, \$34.50, jcrew.com ANDI ELLOWAY/THELICENSINGPROJECT.COM; COURTESY OF VENDORS (CLOTHING I MAG





AS A CALORIE-**TORCHING** CHAMBER. **RELAX YOUR** WAY INTO A **SMALLER SIZE** THIS WAY.

GO TO SLEEP, **ALREADY!**

Skimping on Zs can have you reaching for more than a cup of joe the next morning: Sleep deprivation can tamper with a part of the brain that affects the way we evaluate foods, making us more likely to choose high-cal grub, research

Association, an hour and 20 minutes of lost sleep can lead us to inhale up to 549 extra calories each day.

TURN IT OFF

Darker isn't just better for chocolate and True Detective plots. Researchers found a link between the amount of light in a bedroom at night and the weight of the women who slept there: The brighter the room during a snooze, the more likely its inhabitant was to be carrying extra pounds. Close the blinds, shut off the TV, and power down your phone (at the very least, lock the screen).

COOL YOUR JETS

Good news if you like snuggling under the covers: Sleeping in brisker temps

time, it increases levels of brown fat, which torches calories to generate heat.

HAVE A SPRITZER

Eau d'Willpower? London researchers placed vanillascented patches onto the hands of participants and found they ate fewer sweet foods than those wearing patches with a lemon scent or no patch at all. The scientists believe that vanilla, which is comforting, released serotonin in the brain the same way eating chocolate can, leaving participants feeling as if they were already on food cloud nine. Try Laura Mercier Vanille Gourmande Eau Gourmande (\$55. lauramercier.com).

THIS IS YOUR PLACE TO CHILL, SO WE'RE GIVING YOU JUST ONE CRUCIAL TIP. CARRY ON.

Terms of Endearment: Great movie, awful for your waistline. Pop in a sad flick and you could eat 55 percent more food than you would normally, according to a recent study by the Cornell University Food & Brand Lab. Prep for sob-induced munching with healthier picks like unbuttered popcorn.







SLEEP LIKE A ROCK.

THE NON-HABIT FORMING SLEEP-AID FROM THE MAKERS OF NYQUIL." SLEEP EASILY.
SLEEP SOUNDLY.
AND WAKE REFRESHED.

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YEARS FROM YOUR LOOKS

THE SKIN
YOU HAD
WHEN
DESTINY'S
CHILD WAS
TOGETHER?
THE GLOSSY
HAIR OF
THE DUBYA
YEARS?
DONE.

BRIGHTEN EYES

DROP: 3 years

delicate that

purplish tones

peek through,

making you look

tired," says makeup

artist Troy Surratt. Blend

"The skin around the eye is so

COVER GRAYS WISELY

DROP: 5 years

Silver roots:
not youthful.
But neither is a
too-dark band of
color at the hairline—
unfortch, the spot people
typically dye first, says
colorist Corinne Adams.
Instead, apply dye to the
top of your head before
moving to the hairline.
Try L'Oréal Paris Root
Rescue (\$8, at drugstores).

GET STREAKY

DROP: 3 years

Face-framing highlights enliven skin, says Adams. If coloring hair at home, don't go more than two levels lighter than your base. Try Garnier Nutrisse Multi-Lights Highlighting Kit (\$8, at drugstores).

BOOST VOLUME

DROP: 3 years

Wispy hair = you look old. See your doc to rule out deficiencies in vitamins B₁₂ and D. iron. and zinc; try lightweight stylers with plumping polymers, such as Living **Proof Full Root Lifting** Spray (\$26, sephora.com); and quit tight ponytails: "They can lead to follicular damage and hair loss," says trichologist Elizabeth Cunnane Phillips.

ADD AN ANTIOXIDANT

DROP: 3 years

"They help protect you from the environment," says Waldorf. Look for ones with polyphenols, vitamin C, or niacinamide and apply before your sunscreen. She likes Caudalie Polyphenol C15 Anti-Wrinkle Defense Serum, (\$62, us.caudalie.com).

concealer—he likes Yves Saint Laurent Touche Éclat (\$42,

a creamy, brightening

yslbeautyuscom)—under eyes and on lids.

WHITEN TEETH

DROP: 5 years

Stains hardly say "I'm 25!" Strips that contain hydrogen peroxide-such as Crest 3D White Supreme Flexfit Whitestrips (\$65, at drugstores)-are your best OTC choice, "Since maximum efficacy of most bleach strips happens in the first 15 minutes, you can whiten faster by using three strips a session, changing them every 15 minutes for a total of 45 minutes a day," says cosmetic dentist Michael Apa, D.D.S.

SLATHER ON RETINOL

DROP: 5 years

"There's more evidence for the anti-aging effects of retinoids than for any other skin-care ingredient," says NYC dermatologist Heidi Waldorf, M.D. Try RoC Retinol Correxion Sensitive Night Cream (\$23, at drugstores).

PLUMP UP LIPS

DROP: 2 years

As you age, the natural border around your mouth starts to fade—and lips look deflated.

Restore them with this trick from makeup artist Legend Rivera: Line and fill in lips with a pinkish-nude pencil, then apply a sheer gloss in a rosy shade. Try Revlon ColorStay Lip Liner in Nude (\$8, at drugstores) and Maybelline New York Color Lip Elixir in Blush Essence (\$9, at drugstores).



philosophy: the best is yet to come



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HOME

MINUTES FROM YOUR SWEAT SESH

SLAVING AWAY AT THE GYM FOR HOURS IS SOOO 2005. MAX EVERY MINUTE WITH THESE CLOCK-CONSCIOUS TRICKS.

JUMP RIGHT IN

Jumping jacks have long been the go-to of P.E. teachers for a reason: Research in the Journal of Applied Physiology suggests that lengthy warmups can actually trigger fatigue-the exact opposite of what you're going for (energy). Swap slow intros for dynamic exercises (like high knees, skips, and walking lunges) that will wake up your muscles and kick up your heart rate, and perform them for about a minute each.

> PEOPLE WITH HOME GYMS ARE 73 PERCENT MORE LIKELY TO GET ACTIVE THAN

THOSE WITHOUT

(FOR ONE, IT

COMMUTE!).

STASHABLE

BAD BOYS.

WELCOME

THESE

REMOVES THE

START FROM THE TOP

Get a little ADD mid-workout? According to research, reverse counting—compared with normal upward tallying—can make tasks feel less time-consuming and thus seem less taxing. Meaning, you're way more likely to finish 30 leg lifts in two minutes if you're counting down from 30 rather than up from one. On cardio machines, change your settings to elapsed time and watch those 30 minutes fly by.

GO HARD (BUT MAKE IT FEEL EASY)

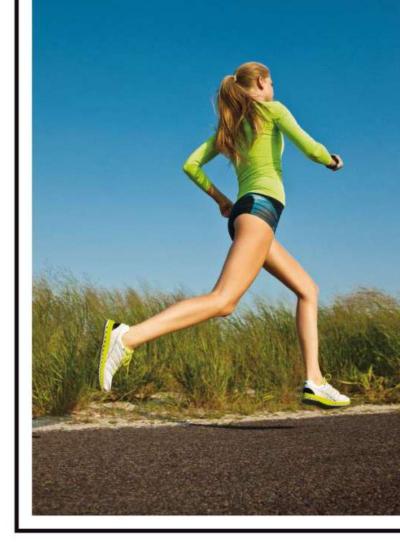
Shaking up your steady-state cardio with some interval training—which alternates high-intensity efforts with easier recovery windowswill score you the same calorie-burn totals in a fraction of the time. To get the most bang for your sweat-soaked buck, stick to 30-second intervals (go hard for 30 seconds, easy for 30). New research found that those who did so throughout a 24-minute workout felt they worked less doggedly than those who sweated through longer ratios, even though they completed more rounds.

DOUBLE UP

You could do a laundry list of moves that isolate one muscle group (e.g., biceps curls, calf raises). Or you could do compound exercises—squatto-overhead-press, pushup rows, reverse lunges with dumbbell press—that utilize multiple joints and muscles at once. And get the same results. In half the time. Up to you.

SHORTEN YOUR BREAKS

It may seem sort of obvs, but if you take shorter rest breaks...you'll finish your workout sooner. But it has other perks too: Studies show that recovering for 20 to 60 seconds between strength-training sets can pump up muscle growth and endurance more than longer breathers will. And as you get stronger, you can shrink your rest period more and more, so you'll keep trimming time every few weeks.



SLIDING DISKS

The ingeniously simple and packable Valslides skate across any indoor surface to add resistance (by creating friction) throughout floor exercises. \$30, valslide.com



SUSPENSION SYSTEM

Like the gym fave, the TRX Home Suspension Training Kit uses your body weight to load any move. Just flip it over a door and get started. \$200, trxtraining.com



RESISTANCE BANDS

Small ones circle your lower half to tone your legs, hips, and butt and fold up tinier than your iPhone. We love GoFit Power Loops 3-Pack. \$15, gofit.net



CHINUP BAR

Pulling: the one motion you can't hit without a little help. Gold's Gym Multi-Training Door Gym fixes to a doorway so you can do chinups anytime. \$15, walmart.com ■





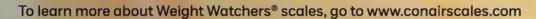


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Askanyth



SEX

Does a higher condom price equal better quality?

Yes, it comes down to costly research and development. Major companies like Durex, LifeStyles, and Trojan,

for example, invest a lot of money on quality control to make sure their condoms aren't going to break. The cheap no-namers? Not

so much. You might be forking over more dough for a marquee name, but it's worth the extra five bucks if it protects you better from STDs and/or unwanted pregnancy.



Rachael L. Ross, M.D., Ph.D., board-certified sexologist and cohost of



Keri Glassman, R.D., founder of NutritiousLife.com and author of The New You (and Improved!) Diet

NUTRITION

What's the healthiest cooking oil? I always use olive oil, but is canola where it's at? What about coconut oil?

The operative word here is "cooking." Olive oil has heart-healthy monounsaturated fatty acids, but it's best used for dressing salads or finishing already-cooked dishes because of its low smoke point—or the temperature at which oil breaks down and starts producing harmful free radicals. When you're cooking at high temps (think chicken stir-fry.

seared salmon), coconut oil is a great alternative. It has a high smoke point, and its medium-chain triglycerides are more readily used for energy in your body than other fats. Still, it can be harder to mask the slightly sweet flavor in some savory recipes (Coco-Turkey Bolognese? Ick!), which is why people still use neutral-tasting canola despite concerns that it contains GMOs. Head to nongmoproject.org to determine which brands don't.

OUR PROS ANSWER ALL



WHEN YOU'RE RUNNING OUT OF SOAP AND YOU ADD TAP WATER TO EKE OUT A FEW MORE PUMPS, IS IT STILL EFFECTIVE? If those pumps make your hands feel slippery, then yes, it's lifting bacteria from your skin. Lather isn't necessary.



Lock in twice the moisturization. In half the time."

GET READY TO LOVE THIS.

New Wet Skin Moisturizer. Only from Jergens. Apply to wet skin when it wants to absorb moisture. So it locks in twice as much. Then pat dry. So you're lookin' pretty. Pretty darn fast.

Jergens is more than a moisturizer. You're more than just a pretty face.



TO-BE ON

TINDER?

SWIPE LEFT!



Girl Down the Hall Faye Brennan

Clint is a senior editor at Men's Health; Faye is a senior editor at WH. Here, they Gchat their way to solving your relationship probs.

Just found my BFF's fiancé on Tinder. To tell or not to tell?



FITNESS

My friend swears working out in front of a mirror makes her more confident. I feel like a dork. Does it really work?

It can! Sweating mirrorside helps you spot form flaws, and it lets you soak in the results of all your hard work. You might feel a little silly at first because we're socially conditioned not to be caught staring at ourselves, but remember this: Everyone's focused on their own workout-they're not going to be monitoring you. Try wearing a sleeveless shirt to see your new muscles working. Still feel selfconscious or find your eyes drifting toward areas you're not super-happy with yet? It's totally okay to pass. It just may be that you're one of those people who gets in a better workout without being followed by your reflection at every turn.



Rachel Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, CA, and author of Drop Two Sizes

GIRL DOWN THE HALL

Hmm... I know of some long-term (and very much in-love) couples who have admitted to each other that they'd like to go on it out of curiosity, just to see how all the singles are dating these days.

GUY NEXT DOOR

C'mon! That's as odd as keeping a box of cookies at your desk when you're on a diet: It's way too easy to cheat in a moment of weakness. If it's your BFF, then you can ask her anything, right? Like, "Why is your fiancé on Tinder?"

GIRL DOWN THE HALL

I'm not sure it can be delivered so bluntly. Instead, say, "Hey girl, I was on Tinder the other day, and I'm pretty sure I saw your guy. Not reading into it, but just wanted to relay that info." Let her decide what to do from there.

GUY NEXT DOOR

If my best pal discovered that my fiancée was on Tinder, I'd expect him to let me know. If this isn't innocent, imagine the guilt you'd feel if this dude gets caught screwing around after they're already married. Not worth the secret.

BOTTOM LINE: Sound the alarm. You'll feel like crap—and you may risk losing a friend—if she finds out you knew and kept your mouth shut.

I'VE BEEN DRINKING A TON OF SELTZER—AND NOW HAVE ACID REFLUX. ARE THEY LINKED?

The fizziness can cause gas, which puts pressure on your esophagus, potentially leading to damaging reflux. See your doc.



Your hair and face get all the love.

BUT WHAT ABOUT THE OTHER 90% OF YOUR BODY?

Jergens[®] Ultra Healing[®] Moisturizer. Deeply penetrates the surface and repairs dry skin with lasting hydration. Skin so healthy looking, you're 100% beautiful.

Jergens is more than a moisturizer. You're more than just a pretty face.



Askanything



Sasha Charnin Morrison, author of Secrets of Stylists

STYLE

Which cool fall trends don't require me to iron? I'm lower than lowmaintenance.

You're in luck. This season is loaded with unfussy materials: Wrap dresses made from crease-resistant tech-nylon-like the ones from Norma Kamalipopped up all over the runway. Also look for neoprene fit-and-flare skirts, like the ones from Ted Baker; the scuba-suit material is in a family of synthetic rubbers, so it holds its shape well and springs right back, even when it's been all balled up. Don't forget classics either-wool, wool blends, and cashmere can easily round out your wardrobe. When

shopping, consider going for bold, graphic prints, like the ones by Diane von Furstenberg and Zara. They conceal wrinkles flawlessly. All

that said, a mini handheld steamer is a brilliant creationsimply hang your garment kamalikulture.com on a shower

rod or door, plug in, and take the creases out of anything in just a few minutes.



Whenever I drink a mocha, I need to poop-like ASAP. What's going on?

The digestive tract is composed of smooth muscle that contracts to propel food and stool forward, a process also known as peristalsis. Caffeine, found in both coffee and chocolate, is a known stimulant of this muscle, meaning it causes the intestines to contract more quickly and can cause the urge to poop. So a mocha is a double whammy. (Sorry!) Alas, you can't stop the process from happening, but at least know that there's no health concern here.



Keri Peterson, M.D., internal medicine, Lenox Hill Hospital, NYC



How lame is it to bail on your friend's party at the last minute so you can putz around in your PJs?

Kamalikulture

dress \$170

x Norma Kamali

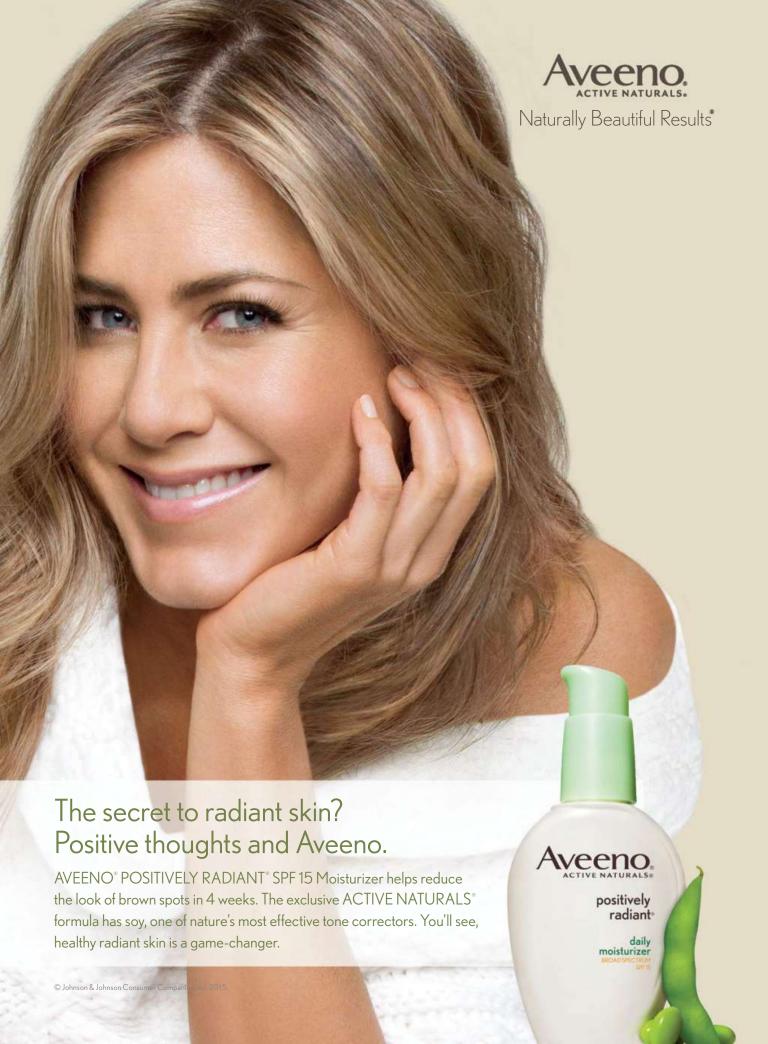
Asking for a friend.

Super lame. Throw on your snakeskin heels and get out there! Wait, maybe I spoke too soon: Are those PJs made of 700-thread-count pima cotton? Are you binge-watching the last season of RuPaul's Drag Race? Um... Can I come over? I can hook up your friend with the one I'll be canceling plans on, then you and I can hunker down with a vat of candy corn (I'll bring the rosé).

Lennon Parham is the costar, cocreator, and a writer on USA Network's Playing House.

PLUCKING A GRAY HAIR WON'T CAUSE 10 TO GROW IN ITS PLACE—RIGHT?!

Right—we're born with a set number of hair follicles, which means the number of hairs won't increase (gray or otherwise) if you yank 'em out.



Askanything

THIS IS A NO-POP ZONE.



MIND/BODY

How do I know if I'm having a legit panic attack?

A panic attack is sudden, reaches peak intensity within 10 minutes, and includes at least four of the following symptoms (bear with me): sweating, shaking, shortness of breath, chest pain, nausea, feeling dizzy, a racing heart, chills or hot flashes, having the sensation of choking, being detached from oneself, and fear of losing control, "going crazy," or dying. If you're experiencing four of these, here's the plan: First, pause and take a few breaths. Next, try to halt any catastrophic thoughts. Notice your symptoms but reframe them: Remind yourself that even though you might feel awful at the moment, you're not in danger. If the attacks keep recurring, find a therapist who specializes in cognitive behavioral therapy and can refer you to a psychiatrist for meds if necessary.



Megan Hughes-Feltenberger, Ph.D., clinical psychologist, Weill Cornell Medical College, NYC



Francesca J. Fusco, M.D., assistant clinical professor of dermatology, Icahn School of Medicine at Mount Sinai, NYC

BEAUTY

How come some pimples hurt like hell and others I barely feel?

In most cases, the painful ones are either deep-seated cysts or reddish raised pimples. Dead skin cells, oil, and bacteria have built up in a pore, leading to inflammation and localized pressure as your body's immune system tries to "clean up" the infection. Painful or not, resist the urge to pop; you don't want to make the infection worse. Instead, try applying a warm compress to the area, followed by a dab of 1 percent hydrocortisone cream.

WE'RE SERIOUS: ASK US ANYTHING! Send your questions to askanything@rodale.com or tweet them to @womenshealthmag with the hashtag #AskWH.



The Office Shrink Is In! **MOLLY NOVER-BAKER:** beauty director by trade; WH therapist

because she's just that good This month's client: WH senior editor Sarah Bruning, who wants to spend the holidays with her long-time boyfriend and his relatives in India. The trip would mean skipping her own clan's festivities, and she's worried about breaking the news to her parents.

Since celebrating together as a family is important to your parents, they're going to want to know you understand that and feel the same way. Explain that you have the opportunity for a really unique holiday experience with your boyfriend's relatives, but you would also like to plan something special with your family either before or after the season. Reassure them that you wouldn't dream of totally missing out on celebrating the holidays-you're just hoping they'll go for a slightly different approach this year.

SIMON BECCHETTI/STOCKSY; LIA & FAHAD/STOCKSY (BALLOONS)

HOW CAN I ASK CHATTY CATHYS AT WORK TO STFU WITHOUT OFFENDING THEM? WE ALL SIT SO CLOSE TOGETHER, AND I CAN'T FOCUS. Be polite and offer to reciprocate: "Hey guys, would you mind chatting more quietly? I'll keep it down too."

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Meet the new water from Ocean Spray.

It's made with PACs, or proanthocyanidins—
powerful elements found deep inside
cranberries—to cleanse and purify better
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What makes it a better water?

POWER OF 50 CRANBERRIES TO CLEANSE+PURIFY

NATURALLY SWEETENED + ONLY 10 CALORIES

NO GENETICALLY ENGINEERED INGREDIENTS

COLOR STRAIGHT FROM CRANBERRIES

Make a PACt* to drink #evenbetter at PACt.OceanSpray.com.





a daily dose of vitamins...

heal, smooth strengthen, moisturize & get hair looking healthy.

healing + vitamin

K

SHAMPOO

A potent, nutrient rich blend with **Vitamin E** helps to smooth the surface of hair while penetrating moisture helps increase strength and elasticity. Use daily for dramatically improved split-ends and frizziness.





juicy news, shareable stats. convo starters.

When there's a holiday dedicated to OD'ing on candy, it can be tough to resist sweet, sweet temptation. But there's nothing fun-size about a post-Halloween sugar hangover—or the extra lbs that can come with it. This year, ditch the junk and whip up these healthier chocolate-sprinkled treats instead.

Microwave four ounces of dark chocolate pieces (at least 70 percent cocoa) at 30-second intervals, stirring between heating. When chocolate is fully melted, pour quarter-size circles onto a paper. Dust with one tablespoon

of round sprinkles (such as Wilton rainbow nonpareils, \$2.29 for three ounces, wilton.com) and allow to set. about 10 minutes in the refrigerator, before peeling off parchment. At just 16 calories and a little more than sheet of parchment one gram of fat per piece, these are all treat, no tricks.

HEY, FITNESS **BRANDS**: SOMEONE NEEDS TO SELL THESE CUTF BELLY BANDS!

Breaking a sweat when pregnant doesn't just help keep your weight in check-new research shows that exercising three days a week may shorten the first stage of labor by more than two hours. (Woot!) With your doc's okay, follow this guide from trainer Sara Haley, creator of the **Expecting More DVD** workout series.

> FIRST TRIMESTER

You may notice an energy dip, so cut yourself some slack in your go-to routine. Adding core and resistance-training moves (planks, bridges, stepups) now can help you regain strength later as a new mom.

> SECOND TRIMESTER

Your stamina is back! Keep up that core training (think planks, not crunches!) and aim for three to five days a week of moderate cardio, opting for low-impact activities like cycling or swimming if your lower half starts to feel achy.

> THIRD TRIMESTER

Now's not the time to ramp things up, but stick with whatever exercise feels good. Mix in prenatal yoga (no deep twisting) to ease any stiffness. Avoid core moves that strain your abs, like crunches.

1/TREADMILL

these classic machines

until you make some

cal-crushing

tweaks.

Hike the incline to 10 percent. A new study found that walking at this gradation reduces stress on your joints and strengthens leg muscles.

2/STAIR CLIMBER

Step with your whole foot (not iust the ball) to engage quads and hammies, says Jessica Matthews ACE senior advisor. You'll also reduce knee pain.

3/STATIONARY BIKE

Get off your butt. Doing so improves your aerobic fitness since you have to use more muscle mass from your entire body. savs new research.

#TorchitTuesday

This underdog day is actually the most popular time to tweet about fitness triumphs, according to recent data (take that, #MotivationMonday and #Workout Wednesday). It makes sense: Sweating on a Tuesday (especially if you've had a gymless weekend and sluggish Monday) can inspire you to keep it up, says exercise psychologist Michelle Cleere, Ph.D. "Miss it, and by Wednesday, you're more likely to blow off exercise for the rest of the week." Jump on the trend with us and hashtag #TorchItTuesday.

We're gonna get a little gross here: When you wear earbuds sweat can you wear earbuds, sweat can collect in your ear canal (within 24 hours) and cause a nasty infection similar to swimmer's ear. "Moisture can create a hospitable place for bacteria to flourish," says Eugene Chio, M.D., an ear-nosethroat specialist and assistant professor at Ohio State University's Wexner Medical Center. Beyond being painful and icky (expect throbbing and discharge), the infection can potentially rupture your eardrum. Give those buds a break once a week, or try old-school headphones. And if you feel that waterin-your-ear sensation, clear it out with a few drops of rubbing alcohol or a hair-dryer set on low heat.



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SKECHERS

G-WALK





No matter your skin tone, a smooth, pink nail bed with a white half-moon at the base signals you're in the clear. But beware of these shady signs:

CRACKS OR PEELING

Too many manis could dry out your nails. Go polish-free to let the damaged parts grow out. Still cracked? It might be a signal of a metabolic disorder such as thyroid disease

YELLOW-TINTED **HUES**

Uniformly yellow nails? It's probably a reaction to chemicals in your polish (especially darker shades). Consider lightening up. If the yellow is streaky, it may be a fungal infection. See your derm.

DARK, VERTICAL **STRIPES**

These could indicate a malignant melanoma in the layer of cells that form the base of your nail-get to your derm ASAP. A biopsy can be taken from the nail base to rule out this skin cancer.

CLOUDY WHITE NAILS

Could be a liver disease, especially if the skin around the nail bed is yellow and nail tips appear darker. Your dermatologist can send you to a physician if necessary.

When Good Clothes Go Bad

A 35-year-old woman recently ended up in the hospital with muscle-tissue damage and numbness in her legs after wearing skinny jeans while helping her friend move. You guys, she couldn't even walk for a few days! If you're gonna be bending and squatting, leave the too-tight denim in the closet. Just chillin' in your skinnies? You should still be able to pinch some fabric.



This guy's all ears! Fifty percent of cat owners say they make better decisions after talking to their clawed friend, according to a recent survey.

"By talking out loud, you can hear what you're thinking and reflect with a little more distance," says psychiatrist Amy Banks, M.D. (Plus, pets are more accepting than people!) Research also shows that having a feline bud can lower stress, anxiety, and blood pressure. So bitch to Mr. Jinx about Emily in accounting—he won't judge.



HOW BALLERS DO **BRUNCH**

Make your **Sunday spread** badass with these flavor bombs from the (anonymous) potty-mouthed authors of the new cookbook Thug Kitchen arty Grub (\$19, Rodale Books, available October 13 at amazon.com).*

Get saucy, "Too often brunch is filled with a sh ton of cloyingly sweet dishes that make you fall right back asleep," the duo says. Instead, add sautéed onions and chives to your waffle batter and serve 'em with a creamy garlic dipping sauce.

Go herb yourself. Mince up a seasoning that complements your dish, like mint in fruit salad or dill on a heap of grits. "Fresh herbs provide depth, and they really class up the joint.

Eff avo toast. It's tasty, trendy... and lazy. "It's just a dry slice of bread with a spread on it." (Oh, diss, Thug Kitchen!) What's more impressive? Homemade tortillas with fruit compote. Get the recipes at WomensHealthMag.com/ThugBrunch.

*Thug Kitchen Party Grub is published by Rodale Inc., publisher of Women's Health



1. Stocking up on too much grub

Strategically placed snacks and more-foryour-money deals influence you to buy stuff you don't need.

The save: Make a mustpurchase list before you hit the aisles, and think twice about perishable bulk. "The intended savings might be nullified by wasted food," says Porpino.

2. Being snooty about leftovers

Oh, you're too fancy for yesterday's pad thai? Porpino says some view leftovers as used goods and can't get past the mental block.

The save: Repurpose your stash to make it fresh. Put your day-old chicken dinner in a salad, or pump up extra rice with veggies and shrimp.

3. Failing at food storage

When has wilted kale ever looked appetizing?

The save: Use cases like Oxo's GreenSaver **Produce Keepers** (\$15 to \$25, oxo.com). Their carbon filters trap and absorb ethylene gas to keep fruits and veggies fresher longer. Another perk: The inner basket serves as a colander!

FINALLY!

Low-Histamine Red Wines

Cabs, merlot, pinot—we love 'em. But they don't always love us back. Apart from the alcohol and sulfates (hello, head pounder), red wine contains histamines that can bring on sneezing and wheezing, says Richard Lockey, M.D., a Tampa allergist. But you don't have to switch to white (which has fewer of the potentially problematic particles). Italian winery Veglio Michelino & Figlio has developed two reds-Barbera d'Alba and Dolcetto d'Alba (\$14 to \$16 at select Kroger stores, or call 717-393-3535 for locations)—made with sterilized grapes and a production

process that lowers histamine levels. Lockey says these purified vinos are worth a shot if you suffer when you sip. We say: They're dry, full-bodied, and perfect for fall.

ING: SUMMER MOORE (FOOD WASTE); NICHOLAS EVELEIGH/GETTY IMAGES (WAFFLE); IONALD/GETTY IMAGES (BLOODY MARY); TRUNK ARCHIVE (CORKSCREW); ROGIERVDE/ISTOCK (CORK)

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beauty SCUSS

LET'S TALK ABOUT...

STROBING

I'm seeing the word all over beauty blogs. What is it?

Just a fancy-shmancy term for face highlighting—using illuminating products to emphasize the areas sunlight would naturally hit.

So not the same as contouring?

Correct. Rather than combining dark powders with highlighters, this is one-step brightening.

I'm in. Any tips?

A champagne-colored powder flatters all. Use a large brush to dust it onto your cheekbones, cupid's bow, the bridge of your nose, and on and above your brow bones. Blend, blend, blend. So pretty!

Sources: Beauty pros Anastasia Soare and Mario Dedivanovic (Kim K's main makeup man)

NOT FOLLOWING YOU

Don't believe everything on your feed. A tweet about...

LASER TATTOO REMOVAL

"My skin cancer specialist informed me it causes cancer."

Easy, Tweetie. "There's no research to suggest that," says dermatologist Ava Shamban, M.D. The FDA deems these lasers safe too, with slight risks of bleeding, discoloration, and minor scarring. Need a tat gone? You'll have less pain with the Pico Way laser.



Invisible Dry Shampoo

Special dedication to all the brunettes in the audience:
When we tested the new
Marc Anthony 2nd Day Clear
Dry Shampoo (\$8, at Rite Aid)
on our dark strands, the
formula sprayed on amazingly
clear—not a speck of ghost
dust. Props go to zeolites,
sponge-like minerals that trap
oil without leaving a mask
behind, says dermatologist
Francesca Fusco, M.D.



ALL IN THE (FRAGRANCE) FAM

You could practically fill a field with Marc Jacobs's Daisy duplicates. But these "flankers"—perfumer speak for sister scents—contain their own unique juices, says fragrance expert Barney Bishop.



The grapefruitjasmine combo (which runs through the scent series) has a violet base for a glam floral vibe. \$76, sephora.com

Daisy Eau So Fresh, 2011

This brighter iteration injects pear, raspberry, and plum. Smells like sangria! \$89, at Nordstrom



Daisy Dream, 2014

Still flowery and fruity, but with a breezy spirit thanks, wisteria and coconut water. \$52, at Bloomingdale's



Daisy Dream Forever, 2015

Same airy notes as Dream, but stronger florals make this worthy of date night. \$88, sephora.com

PHOTOGRAPHS BY CLAIRE BENOIST

PROP STYLING: SUMMER MOOR SERGE GUERAND/BLAUBLUT-EI

50



micellar wipes that both cleanse and hydrate instantly.

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Skincare's most awarded product, Simple Micellar Water, now in wipes!*

Everyday cleansing can be harsh on skin. But new Micellar Wipes from Simple" contain micelles, smart cleansing bubbles which attract and gently lift impurities and makeup out. And instantly put **hydration** back in. Gentle and clever? That's beauty with brains.



#TestTheWater

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[EDITOR INTEL]

POPQUIZ

SHELVE THOSE



What *WH* deputy online editor Robin Hilmantel learned while editing a story for our site that became super popular

"Holistic health coach Jamie Mendell, a WH contributor, stressed the importance of finding calorie-free sources of happiness in your life. When you make time for pleasurable things like window shopping and reading, food is no longer your only reward. She lost 40 pounds this way!"

Boo! Which of these snacks will cause phantom hunger pangs?

A

SUGAR-FREE PUDDING

ALL-NATURAL GRANOLA

C

MEAL-REPLACEMENT SHAKE



ALL OF THE ABOVE

ANSWER: D. "PHANTOM

FOODS" are grub your body doesn't register eating. Artificial sweeteners, for one, fail to spike your blood sugar enough to tell your brain you're full, says Monica Dus, Ph.D., author of a new study on the subject. She also notes that high-sugar/low-protein foods like granola aren't much better at triggering satiety, and one study found that sipping your cals is less satisfying than chewing them.



LOSES.

ON THE MENU

AEDITERRANE,

RIP, Trans Fats

Can't say we'll miss ya! The FDA recently banned the oils from the U.S. food supply, ruling they are no longer "generally recognized as safe" after evidence linked them to weight gain, heart disease, and more.

Companies have till 2018 to remove them, but until then, avoid items that contain partially hydrogenated oils, says Kristin Kirkpatrick, a registered dietitian at the Cleveland Clinic.

WHAT'S THE DIFF?

The Nordic Diet vs the Mediterranean Diet

Loaded with protein and produce, both Viking and gladiator foods can help slay fat cells. But which one is right for you? It comes down to two nit-picky things:

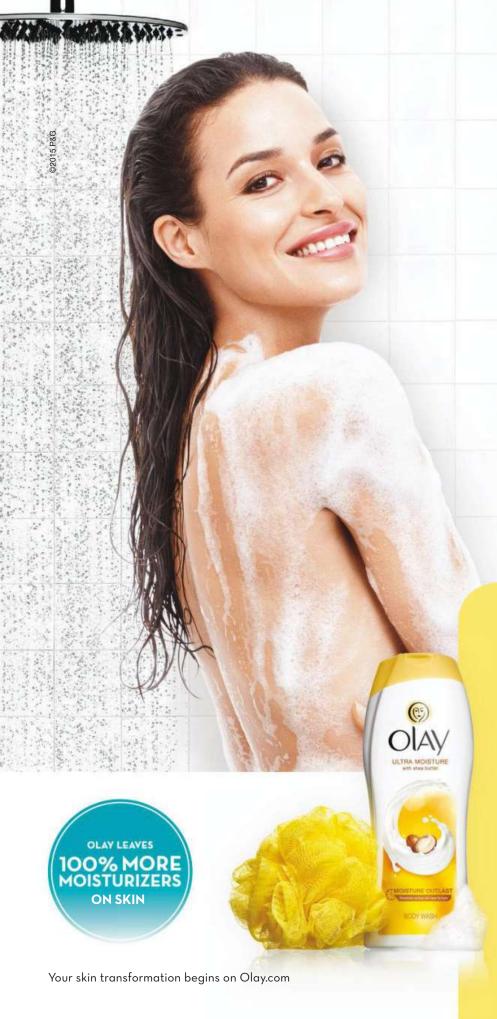
IF YOU SERIOUSLY HEART SEAFOOD...

Nordic fare just gets you. While the Med diet also includes fish, Scandinavian cuisine places greater emphasis on seafood sources (like trout and mackerel), says Karen Collins, R.D. All that lean protein? Not a friend to flab!

IF YOU'RE STRUGGLING TO GET YOUR FIVE-A-DAY...

Mediterranean for the win! The diet's teeming with veggies and favors more healthy fats like olive oil, which could change your 'tude toward produce. Just douse greens in a little EVOO for a flavor kick, says Collins.





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Olay leaves 100% more moisturizers on skin than Dove Deep Moisture Body Wash, for superior moisturization with continued use. Your best beautiful skin begins in the shower.



YOUR BEST BEAUTIFUL™



Oooh. More.

Right.

Next time he snoops around the fridge for a snack, remind him that he's hungry for somethin' else. (Z finger snap!) Sex Positions Magnets (\$19, amazon.com) are sure to heat up your to-do list. We gave a set to WH advisor and sexpert Debby Herbenick, Ph.D., and had her arrange, name, and explain three orgasmic moves. There.

The

Squat Mom Jeans

"I don't care what anyone says, mom jeans make a woman's butt look great—and so does rear entry. This is a standing version with you on the bed and him upright on the floor. Amazing view for him, and for many women, a combination of both G-spot and cervical stimulation."

The

Pink Harbor

"By leaning back, the woman gets extra friction along the G-spot area. This is a great position that mixes things up from standard girl-on-top."

Rider

Hot

On

Randy

Sensual

Slippery Dynamite

Grind

Bone

Buxom

LET'S TALK ABOUT... **FLIRTING**

I've been on a couple of dates with a great guy, but he acts all formal and won't touch me. Is he even into me? Sounds like your dude's a "polite flirt"one of the five most common courting styles, per new research in the journal Nonverbal Behavior. These introverted men tend to value proper manners and physically move back during convos. The more interested they are, the more reserved they'll act. Maddening, right? This is totally him! He was practically leaning out of the car window on our

If he's nodding his head and saying "yes" a lot, he probably likes you. He's just slow to open up, compared with a traditional flirt, who would give more direct signals (like touching your lower back), or a playful flirt, who would be all over you. I'm relieved, since I do feel a connection with this one and want to see where it goes. Any way I can clue him in to that? Well, a new Bucknell University study found that scooching close to him or touching his arm are surefire ways to say you're hot for him. Duh, right? But it'll pay off: Research also shows the polite ones tend to have longer, more meaningful relationships. Now go get him, lady!

WHAT IS IT?

Diffuse **Physiological** Arousal

Cleopatra's

Pleasure Chest

"Ideally, your feet would be planted on the bed

for more leverage, but the

goal here is to give you more room to move your

hips up and down. Start

out slow, as some men can come quickly in this

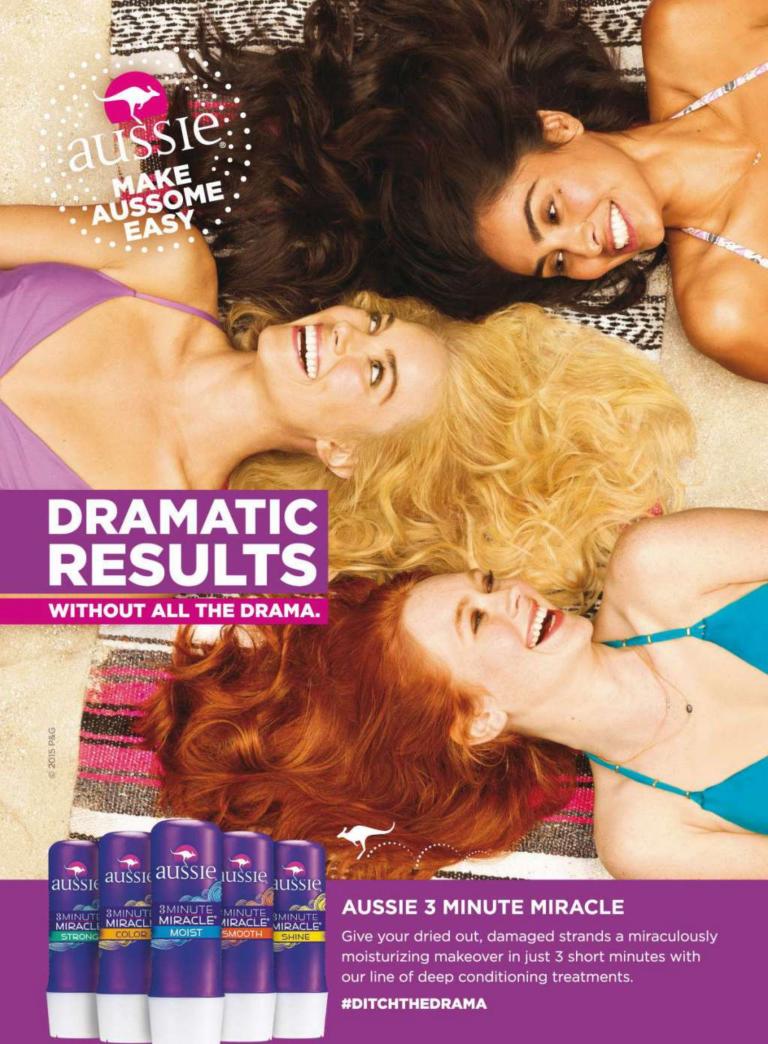
position! Hence the nod to

Cleo, a great seductress.

It's your body's physical response accelerated heart rate, spike in stress-related hormones-to a major conflict with your man... and the reason you and he may walk away from the fight feeling dazed, confused, and, sometimes, with completely different takes on what went down, "DPA shuts down the parts of the brain involved in empathy and information processing, which are needed for couples to understand each other's point of view," explains Dana Baerger, Ph.D., a psychiatry professor at Northwestern University. Next time you feel the tension rising, call a 30-minute time-out and distract yourself (we love a long, hot solo shower!), then reconnect to talk with more level heads.

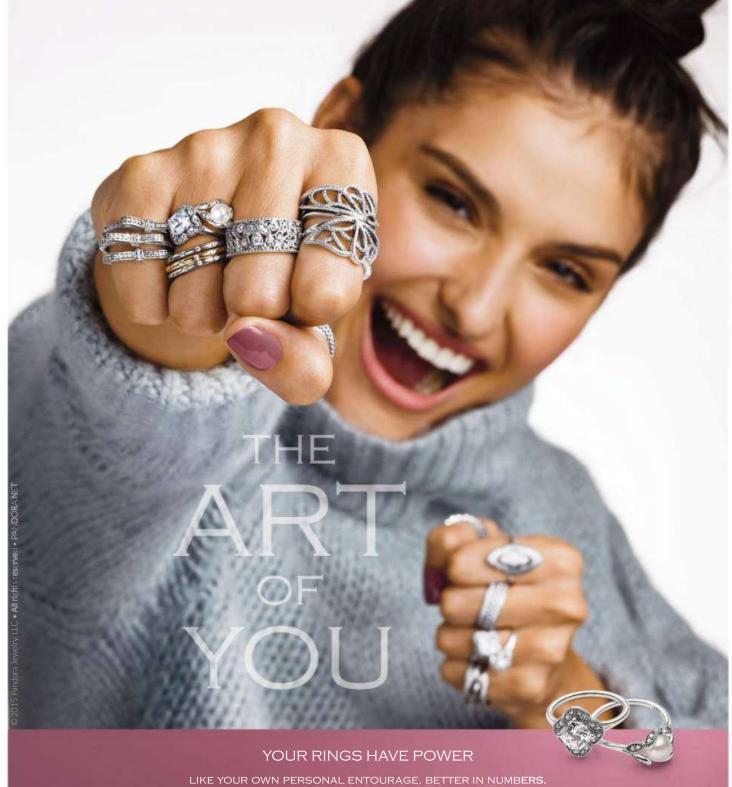
PETER BOOTH/ISTOCK (DOOR HANDLE); DA-KUK/GETTY IMAGES (STAINLESS STEEL); COURTESY OF SEX POSITION MAGNETS, JLYSSES PRESS (MAGNETS); TREVOR WILLIAMS (SYMBOLS); TRUNK ARCHIVE (COUPLE)











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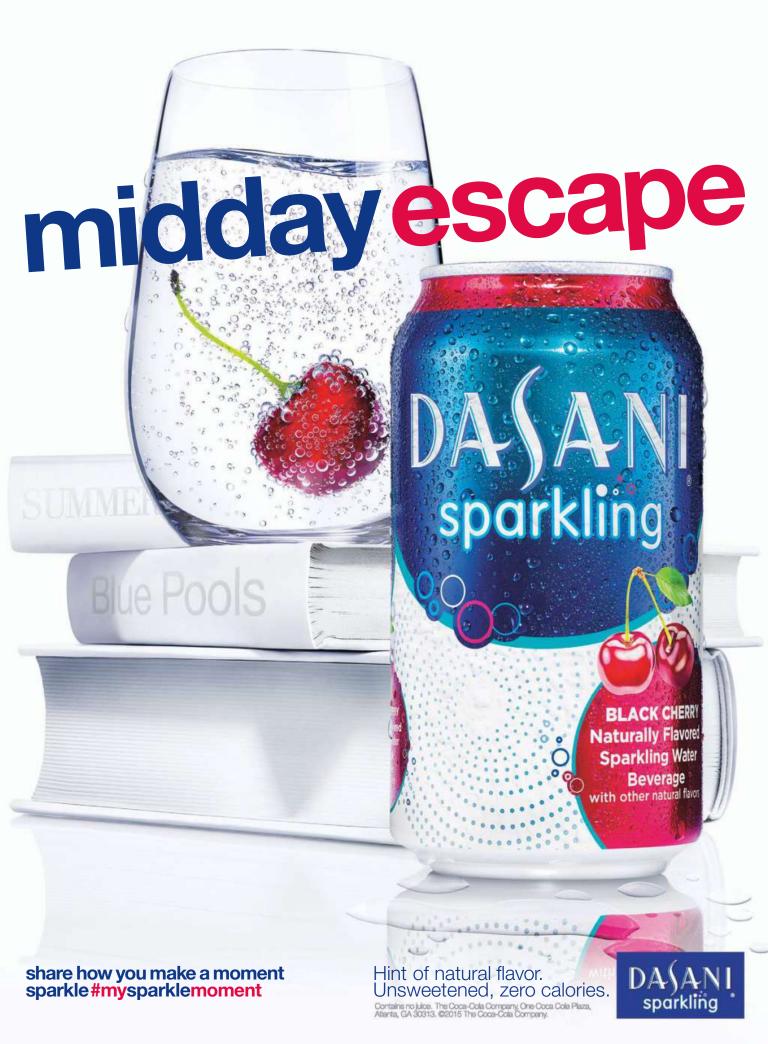
See back of bottle for full usage instructions.

Avoid applying to bottom of feet. Thoroughly clean tub/shower with hot water after usage to remove residue and avoid slipping.



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Workout to Night Out

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Amp up your
wrist bling with a
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bracelet that's
as chic as it is

high-tech. \$65;

bracelets, \$32 to

\$48, baublebar

.com/womens

health; Lukka

Lux tank,

\$58, lukka -active.com



Hey, studs. Earring trio, \$42





A subtle nod to how much you XOXO that cute instructor. Necklace. \$36



These initial charmers are ponytail-proof. Earrings, \$196



'Member those 20 BFF bracelets Suzy braided you in second grade? Meet the adult version. String bracelet, \$32



Go for the gold! Even absurd amounts of sweat won't tarnish this metal. Alpha cuff, \$32; cube cuff, \$32



Raise the bar with our "Strong" necklace. Wear it, snap it, tag it #WHStrong. Strong nameplate, \$120 to \$305



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DOUBLE DUTY

Packing extra clothes in your gym duffel? Not anymore, smarty-pants.



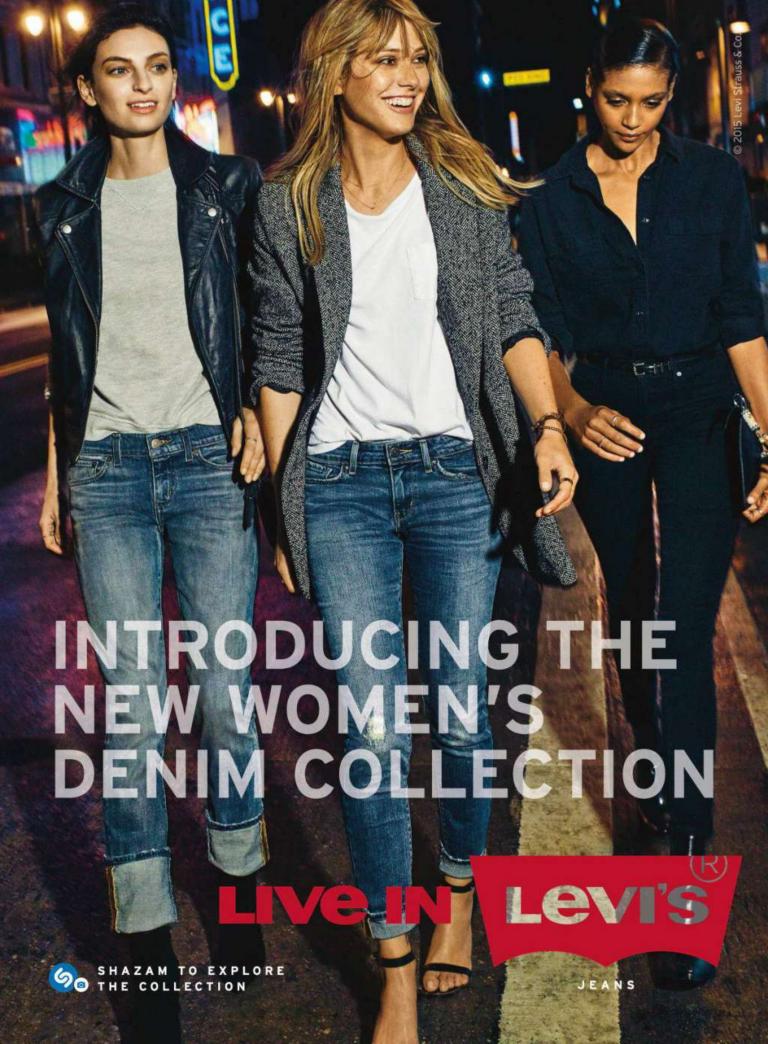
An open back keeps you cool in the weight room—and cooler at the club. Alternative, \$52, alternativeapparel .com High-sheen harem track pants: equally glam with high-top sneaks or stilettos. Aday, \$99, thisisaday.com



Peekaboo elbows give a sweatshirt rocker cred. Alternative, \$112, alternativeapparel.com What's black and white and hot all over? You and your awesome shoulders in this tank. Alternative, \$48, alternativeapparel.com



Compression fabric slims; zippers just look rad. Varley, \$110, varley.com





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Let's say you have this amazing coworker. She's irreplaceable, but lately, homegirl has been phoning it in. Sometimes she doesn't even show up to crucial meetings, forcing you and the rest of the team to carry her load. What an ass, right?

Not being metaphorical here—we're literally talking about your butt. It's the biggest and most important muscle you have, but your glutes can get a case of the lazies, forgetting to "activate" or "turn on" sufficiently during everyday tasks or workouts, says certified strength and conditioning specialist Bret Contreras, coauthor of Strong Curves: A Woman's Guide to Building a Better Butt and Body. There's a textbook term for this phenomenongluteal amnesia—and it could be dragging you (and your fitness goals) down. After all, your rear assists in every type of motion: running, jumping, lifting, you name it.

That powerhouse job description is the reason many scientists believe the glutes evolved into the machines they are today, distinguishing humans from their four-legged ancestors. Ironic, then, that our current lifestyle has set us back a bajillion years. "We're sitting for hours and hours a day, and that teaches the muscles to be lax instead of active, even for some regular exercisers," says Robert Panariello, chief clinical officer and founding partner of Professional Physical Therapy of New York, New Jersey, and Connecticut.

And so begins the fallout: Muscles along the back side of your body (known as the posterior chain) are forced to take charge, setting you up for all sorts of fun stuff like muscular imbalances and injury. Even seemingly unconnected things, like a sprained ankle or a stubbed toe, can trigger your butt to hit the power-down button to help the healing process.

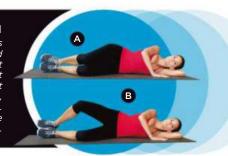
So how do we put some fire under this slacker's ass? Going beast mode and adding more explosive, heavy training (like barbell deadlifts) will definitely do the trick. But we realize that might be asking a lot up front if you're not already a weight-room regular. Follow our warm-up plan, tweak your strength-training routine, and just like that, you'll show those buns who's boss.

> Warm Your Buns

Testing, testing... Are your butt cheeks on? This pre-exercise routine from Contreras will energize your tuchus like a double shot of espresso. Perform three sets before any workout. (If you're pressed for time, aim for at least two sets of each move.)

Side-Lying Clamshell

Lie on your left side with your hips and knees bent, legs stacked, and feet together **(a).** Keeping your left leg on the floor, raise your right knee as high as you can without separating your heels (b). Pause, then return to start. That's one rep. Do 10 to 15, then repeat on the other side.



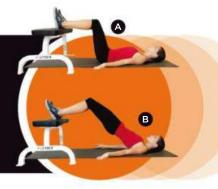
Quadruped Hip Extension

Start on all fours, hands under your shoulders and knees under your hips, your back flat (a). Raise one leg behind you, keeping your knee bent at 90 degrees, until the sole of your foot faces the ceiling (b). Lower your leg to return to start. That's one rep. Do 10 to 15, then repeat on the other side.



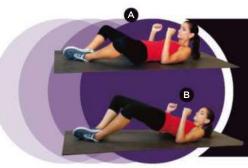
Feet-Elevated Glute Bridge

Lie on your back with your knees bent at 90 degrees, heels propped on a bench or stool in front of you (at least 12 to 14 inches off the ground) **(a).** Lift your hips until you form a straight line from your knees to your shoulders (b). Hold for two seconds, then return to start. That's one rep; do 10 to 15.



Frog Pumps

Lie on your back with your feet together and knees out, keeping your feet as close to your pelvis as possible, elbows bent and propped on the floor (a). With head lifted and chin slightly tucked, raise your hips, keeping your feet together (b). Hold for a second or two, then lower. That's one rep; do 10 to 15.



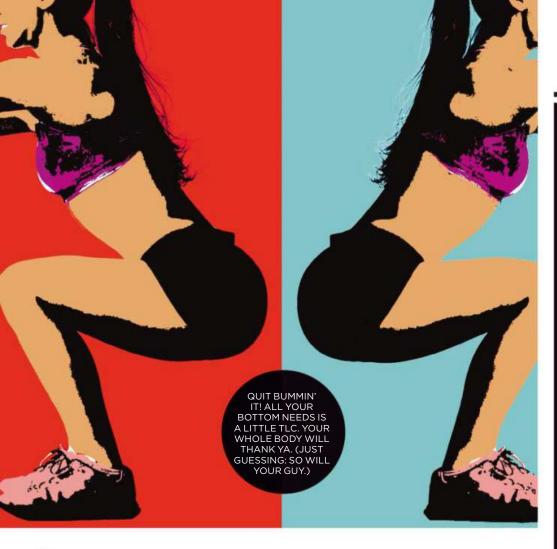
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W Butt Wait... There's More!

The harder your booty works, the better your body, inside and out. Four more reasons to fire up that fanny:



SHAPELIER BEHIND

You can squat for days, but if your glutes aren't fully activated, that rear view ain't likely to change. To build a perkier seat, glutes need to be turned on-and challenged (put down the three-pounders!). 'Your muscles should get bigger and stronger due to overload," says Panariello. It's like the difference between running and sprinting.



LESS BACK PAIN

Your glutes help hold down the fort on rotating your hips and legs while supporting your pelvis during daily movements and exercise. When your glutes aren't firing properly, your lumbar spine (that's where it curves in slightly toward your abdomen) will take on more stress, says Panariello. The likely result: a wack lower back.



EASED KNEES

Weak glutes can cause your knees to collapse inward when your foot hits the ground (e.g., while running), which may place pressure on your kneecaps. Doing so repeatedly can lead to runner's knee or IT band syndrome (pain throughout the tissue that covers your outer thigh from your hip to just below the knee), which can be a bitch to cure.



Making a few simple adjustments to your strength-training routine can score you a better backside burn, ASAP.



During a hip extension (lifting and lengthening your leg), consciously squeezing your glutes can increase their activation by about an extra 12 percent, suggests research in the Journal of Athletic Training.



Drop It Low

Deep squats—where your hips dip below your knees—can almost double your glutes' contribution as you return to a standing position according to position, according to a study in the Journal of Strength and Conditioning Research.



Lean In

"If you tilt your torso forward to a 30- to 45-degree angle during a lunge, you'll feel a hotter burn in your glutes," says Contreras. The angle throws more stress onto your booty. onto your booty.



Get a Leg Up

Compared with double-leg exercises (like deadlifts), single-limb versions (like one-leg squats) can activate leg squats) can activate your gluteus medius and gluteus maximus by an extra 33 percent and 21 percent, respectively, according to a study in *Physical Therapy in Sport*.

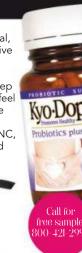


STRAIGHTER POSTURE

A strong butt helps keep your hips—and whole body—in alignment, says strength coach Michael Boyle, cofounder of Mike Boyle Strength and Conditioning in Boston. Underactive glutes often create an imbalance with the front side of your body, leaving your hip flexors overactive and tight, which pulls your pelvis forward. This can lead to back pain and can also curve your spine, so you look like you have a gut. Nope, not having it.



Kyo-Dophilus probiotics are natural, dairy-free, friendly live cultures to support the digestive and immune system. Keep your tummy happy, feel good from the inside out! Whole Foods, Vitamin Shoppe, GNC, Sprouts, health food stores. kyolic.com



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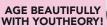


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MINUTE

WORKOUT

YOU CAN SWING IT

Ring the bell, baby! One tool, four tonedall-over bennies.

Just when we think we've heard it all about the beloved kettlebell-Whittles your belly! Boosts balance! Sculpts from calves to tris!-science hands us another reason to reach for the iron orb. In a new study, women who followed a specific 20-minute kettlebell interval workout three times a week for a month amped their VO₂ max (a measure of aerobic fitness) by 6 percent (sounds minor, but it's actually pretty impressive). Those who did a circuit routine of pushups, situps, and two-minute sprints saw no such improvement. So: This strength-training tool is also a cardio dynamo.

"The kettlebell's design makes it easy to swing and move quickly between exercises," says certified strength and conditioning specialist Tony Gentilcore, who created this cardio-rich sesh. "That keeps the intensity high and allows for shorter rest breaks, which elevates your heart rate for a cardio effect that improves aerobic conditioning." Add the fat-torching, body-shaping perks you typically get with the bell and bam!-fast results.

Complete this routine two or three times a week: Do the moves in order without stopping in between. At the end, rest 60 to 90 seconds, then repeat the circuit at least twice more.

-Marissa Gainsburg



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Healthy Dose

Ever joked your smartphone will have to be pried from your cold, dead hands? Here's an unsettling punch line: You may lose your ability to focus long beforehand. Up to 90 percent of people who spend three continuous hours in front of a screen (so, yeah, all of us) experience a condition called computer vision syndrome. Its main symptom, blurred vision, often clears up in a few seconds; but if you hit this hazy point a lot—as in several times a day, most days of the week-the intense staring can lead to long-lasting nearsightedness.

Digital gizmos also emit a type of blue light that seeps deep into the retina, which can become injured, increasing your risk for the sightstealing condition macular degeneration, says Sarah Hinkley, O.D., a professor of optometry at Ferris State University. Overloading your eyes can bombard your bod as well: Too much blue light, especially at night, can throw circadian rhythms out of whack, disrupting sleep and potentially contributing to cancer, diabetes, and obesity.

REDUCE YOUR RISK

>Zone Out

To lessen optical exhaustion, take 20 seconds every 20 minutes to check out what's



going on 20 feet away from you. It's like a range-of-focus workout for your sight.

>Feast Your Eyes

Noshing on foods high in omega-3 fatty acids (sardines,

wild salmon) can help prevent inflammation. Meanwhile, increasing your intake of the nutrient lutein (found in egg yolks and leafy greens) has been shown to stave off macular degeneration.

>Upgrade Your Specs

Ask your eye doc about specially made glasses and contact lenses, prescription or non-Rx, that block damaging blue light (around \$100 for the coating).

iving Without...Sight

When I was 19, I was diagnosed with retinitis pigmentosa, a genetic disease that's slowly blinding me. At this point, I have about 10 percent of my vision left, and what I can make out is all soft edges, like a watercolor painting.

Day-to-day life can be hard. Like when I'm walking across a playground, and—bam!—my forehead collides with the monkey bars. After the surprise comes pain and embarrassment. Other times it's merely frustrating, like when I'm trying to match a top with a skirt (colors tend to meld together).

I end up doing a lot of searching on my hands and knees for things I've dropped on the ground, and I use a magnifying glass to read everything from the thermostat to clothing tags. I've had to learn how to use a white mobility cane and just started carrying one at night.

But vision loss can also be merciful. I am constantly telling people they look great—and I mean it. I don't see the little imperfections others would.

-Nicole Caccavo Kear, 38, Brooklyn





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SMELL

Your schnoz doesn't age well under any circumstances: By age 65, about half of people experience a measurable reduction in their ability to smell. The whiffs you take now can speed up or slow down that process.

Prolonged exposure to rank odors (think freeway fumes or curbside trash) can hammer away at olfactory cells, sometimes causing permanent damage, says Alan Hirsch, M.D., director of the Smell & Taste Treatment and Research Foundation in Chicago. Stinks are especially prevalent these days, as over half of the U.S. population lives in areas where air pollution levels are dangerously high.

Another nose enemy: head trauma. Bangs you'd get from, say, a bad fall or contact sports can tear the nerves that connect your nose to your brain and permanently destroy your smelling skills.

The loss can mess with your sense of taste, since the two are intimately linked and work in tandem to help you perceive flavor. It can also impair your ability to ID threats such as rotting food or secondhand smoke.

REDUCE YOUR RISK

> Take a Breather

Pick three natural scents (for example, a flower, an

orange, and a cup of joe) and give each one a deep sniff up to six times a day. By exercising your smell receptors, you may forge new nose-to-brain pathways.

>Wrap It Up

When you must be around a stench for longer than a few minutes, fold a scarf over your nose and mouth to filter out most of the reek.

>Rethink Zinc

Eating enough of the mineral is crucial to your sense of smell, so nibble at least eight milligrams of zinc-rich foods daily (get it from a three-ounce serving of lean beef or eight ounces of crab). Shortcuts can backfire—OTC zinc nasal sprays have been linked to immediate and long-lasting scent loss. Stay away!

Living Without...Smell

As a teen, I was in a car accident. A few days later, I watched my father make homemade tomato sauce—but I didn't smell a thing. Then I couldn't detect my mom's familiar perfume. A head CT scan confirmed my sense of smell was gone for good.

I sometimes get nervous about body odor; I shower a lot and use extra deodorant. When I cook, I can't leave the kitchen if something's on the stove in case it burns. I've installed extra gas and radon detectors throughout the house.

When eating, textures are so much more important to me now. My favorite treat is a dark chocolate bar with cayenne pepper, sea salt, and Pop Rocks. I can't pick up on all the flavors, but the heat tickles my throat, and the Pop Rocks explode in my mouth. —Erin Napoleone, 31, Havre de Grace, Maryland

TASTE

Your tongue can take a major licking from what's on your plate—especially if your food is processed. And much of what we eat is: These days, more than 60 percent of our daily calories come from faux fare like candy and chips.

"Repeatedly assaulting our palates with salt, sugar, and synthetic flavorings can destroy our ability to discern and enjoy subtle flavors," says Mark Schatzker, author of *The Dorito Effect*.

Research suggests hypersweet drinks can dull or paralyze tongue cells, possibly within a month. Vices such as cigarette smoking can also deaden taste buds—especially those that register bitterness often forever. Ditto frequent boozing, says Hirsch. Think an inability to savor a cupcake or pile of fries will make you eat less? Nope. Studies show that people who have a dulled sense of taste are actually more likely to be obese. Probably because they have to consume ever more cloying or salty (and caloric!) treats to satisfy flavor cravings.

REDUCE YOUR RISK

>Cut the Crap

To recalibrate your taste buds, try this experiment: Avoid your favorite sweetened cereal or sodium-laden chips for one week. Then munch them again—you're more likely to be grossed out by all the sugar and salt you were overeating.

>Wet Your Whistle

Guzzle H₂O throughout the day, then regularly chew



sugar-free gum—both ramp up production of saliva, which protects mouth cells and enhances your ability to taste.

> But Avoid Scalding Bevs Super-steamy drinks can kill off taste buds, so no sipping until it's cooled a bit.



Take note: The ability to feel is a major health boon. A hug, a hand on the arm, even petting a dog can release mood-boosting hormones and foster social bonds that lead to long-term happiness. Yet touch is another sense that dwindles naturally with age. Each decade, you lose more nerves that perceive sensations such as pain, heat, cold, itching, and vibrations, says David Linden, Ph.D., author of Touch: The Science of Hand, Heart, and Mind. Not caring for your skin now may fast-track the deterioration. Common hiccups—stepping on a shard of glass, slicing your finger with a kitchen knifecan also temporarily or permanently mangle touch receptors, says James Harrop, M.D., a professor of neurological surgery at Thomas Jefferson University.

REDUCE YOUR RISK

>Glove It or Leave It

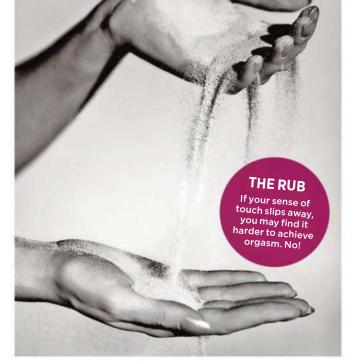
Slip on a pair of gloves when gardening (thorns!): use rubber ones if you're going to be in direct contact with potential nerve wreckers like bleach or paint thinner.

>Get Creamed

If your fingertips are too dry, you may find it harder to discern subtle differences in textures (e.g., a silk shirt versus a rayon one). Soap can strip away moisture, so rub on lotion after washing your hands.

>Refit Your Kicks

Too-tight shoes can compress or even kill off touch-detecting nerves. When shopping, pull the insoles out and step your feet on top of them. "If your toes spill over the edges, the toe box is too narrow and will cause problems," says Golden Harper, founder of Altra shoes.



Living Without...Touch

I was born with a rare sensory illness that leaves me unable to feel pain, temperature, deep pressure, or vibrations in my arms, legs, and the majority of my chest and back. I use vision to compensate as much as I can when I stand, I always watch my feet so I don't lose my balance.

I always wash my face with cold water: I once burned myself without realizing it. In the shower, I have to hold a handlebar to avoid toppling over. When I drive, I can't really tell how hard I'm pushing on the pedals. I watch others really enjoy it when someone kisses their arm or get tingly when someone hugs them, but I can't even feel anything during sex.

That said, I try not to let my lack of touch stop me. I still take on challenges I probably shouldn't, like going roller-skating. -Julie Malloy, 33, York, Pennsylvania

HEARING

Say what?! Nearly 26 million Americans, many of them young adults, have some degree of hearing loss. While certain people are genetically more vulnerable, most fall victim to a mashup of everyday sounds. Heavy traffic, building construction, even loud happy hours can, over time, cause irrevocable wear and tear on the ear. (And it's not getting any quieter: Researchers believe noise pollution doubles approximately every 30 years, even in rural areas.)

The menace begins at around 85 decibels (dBA), and the louder the sound, the less time you can safely listen. So while you can blow-dry your hair (85 dBA) for about an hour sans risk, a mere one and a half minutes in the front row at a rock concert (110 dBA) could eff up your ears. If you have to shout to be understood by someone three feet away, you're in a risky environment, says Boston audiologist Brian Fligor, Sc.D.

Obviously, if your hearing is shot, vou're more likely to, for example, sleep through a fire alarm. But persistent aural stimuli may also prompt your

body to unleash excess stress hormones, which can lead to weight gain and sleep problems, says Fligor.

REDUCE YOUR RISK

>Keep the Outdoors Out

If you live in a horn-blaring city or near a busy road in the 'burbs, trick out your windows with triple-pane glass and thick, soft curtains to block and absorb blare. Plants, especially those with small leaves, like ferns, can also suck up sound.

>Plug Away

Earplugs can reduce noise by 15 to 30 dBA; pop in a pair—the foam ones from the drugstore

are fine-anytime you're in a loud place for longer than 15 minutes. Not an option? Every hour, step away for five minutes of quiet (so if you're at a raucous bar, head outside).

>Nuke the Noise

Up to 25 percent of people crank their personal jams too loud. Noise-isolating earbuds block out background din so you can keep your tunes lower (try Etymötic Research hf5, \$129, etymotic.com). Or follow this rule: 80 percent of max volume is okay for up to 90 total minutes per day. Any longer, and you should dial it down to 50 percent. ■

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Working with Cancer

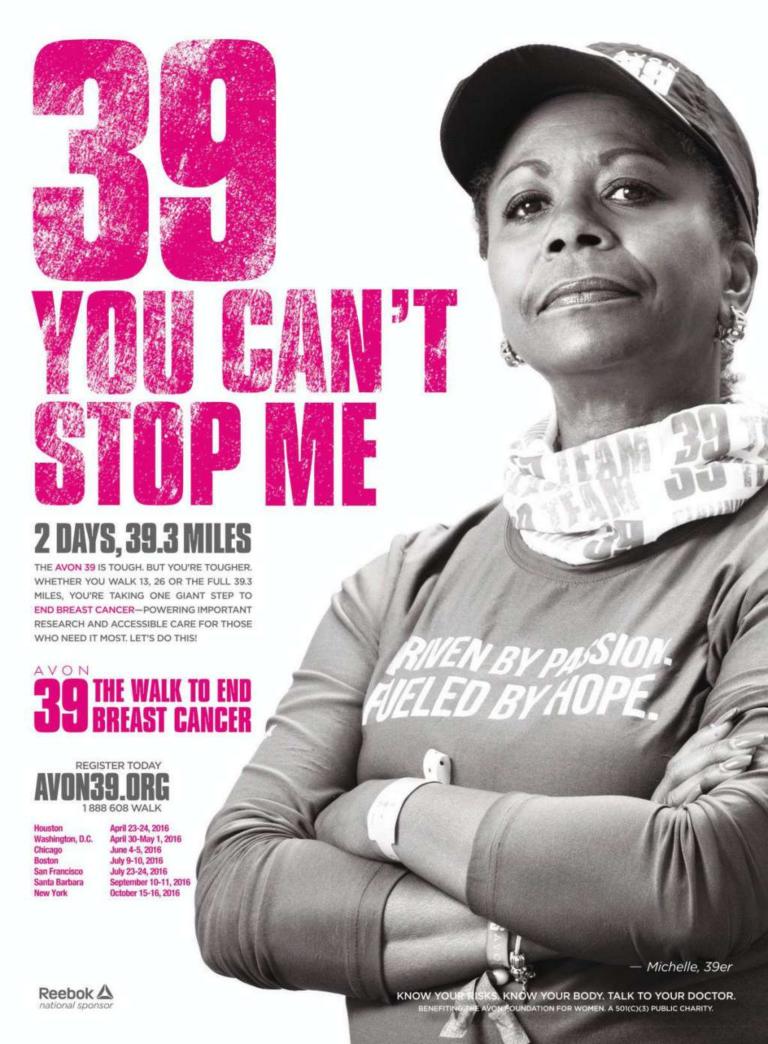
A diagnosis doesn't always mean the end of life—or career—as you know it. Some 60 percent of patients now keep up their 9-to-5 through treatment. Use this road map to help you (or a friend) deal with a chronic illness on the job.

By Beth Howard

It's a devastating catch-22: You have cancer, feel terrible, and know you should be focusing on your well-being-but if you don't keep working, you won't have the insurance or income to pay your medical bills. A new study has found a silver lining: Nearly 80 percent of patients and survivors believe that sticking to a professional routine helped their recovery.

"Maintaining some semblance of your old life can create a clearer head and a calmer mind," says Pallav Mehta, M.D., director of integrative oncology at the Cooper MD Anderson Cancer Center and coauthor of After Cancer Care. We spoke to leading experts for guidance on balancing life and livelihood.

MANAGING A SERIOUS **DISEASE CAN** FEEL LIKE A **FULL-TIME JOB** IN ITSELF.



TRUTH OR BEWARE? Your doctor can guide you through the best treatment options, but when it comes to who-and what, and when-to tell at work: crickets. First, know this: "You have no legal obligation to tell your employer about your diagnosis," says Rebecca Nellis of Cancer and Careers. If you're an open book, go ahead and divulge, using the pointers in the "Consider Telling...Everyone" box at the bottom of this chart. More private? We'll help demystify the process. You need to take significant time off You're facing surgery and for surgery or chemo, will have harda short recovery but no ongoing treatment, and you'll to-hide symptoms like hair loss, or have a physically demanding job. have no visible symptoms. What's the culture like at your workplace? We It's strictly often **CONSIDER TELLING...** business, and share Your manager and HR. Start it can be pretty personal with your diagnosis and competitive stuff. expected treatment (e.g., "I have stage 2 colon cancer. My doctor says I'll need to be out eight weeks for surgery and radiation"). Discussing a game plan for handling How have people reacted in Are your coworkers your tasks can help you feel the past when a colleague's supportive? in control and show you're illness impacted their work? committed to your job. Now, about the rest of the team. Well, there There was 100 **Everyone** are one or rallied resentment percent two people and about having I'm iffy to pick up the pitched in. slack, and it stalled the about. patient's career **CONSIDER TELLING... CONSIDER TELLING... CONSIDER TELLING...** Everyone, in whatever way The entire staff, but instead A select few. If treatment you're most comfortable of saving you have cancer. is more intense than you e-mail or face to face. Give you may want to stick to the anticipated, loop in your basics ("I need to have an as many details as feels right, boss and HR so they can help and be specific when people operation and will be out you make adjustments (like ask how they can help. For example, "Can you cover my for two weeks"). If anyone letting you work from home). presses for more info, it's your shift next Tuesday? I'll be at prerogative to say, "This is the doctor's that day." Keep a all I'm comfortable sharing shared document with status right now." If you want to updates on projects so that give select colleagues the if you're out unexpectedly, full scoop, do so in private your team won't have to and emphasize that you'd scramble (or call when vou're appreciate their discretion.

KNOW YOUR RIGHTS

A surprising number of employees-and even employers-don't know the law. Here, legal information to help you cope.

You told HR in confidence. Now everyone knows. Generally, HIPPA privacy

rules apply only to health-care providers like your doc; they don't cover loose-lipped peers, says Joanna Morales, CEO of Triage Cancer, a nonprofit dedicated to survivorship issues. If the cat is out of the bag and a coworker offers unwanted advice or attention, steer the convo away from

your illness. "If someone asks how you're feeling, say, 'Happy to be here. While I have you, can we talk about X workrelated issue?" suggests Rebecca Nellis, chief mission officer for the nonprofit Cancer and Careers. If they push, tell them to butt out (nicely): "I'd prefer not to discuss that."

You've exhausted your PTO but need more time off for doctor's visits, chemo, or treatment recovery.

Get to know two laws: the Americans with Disabilities Act (ADA) and the Family and Medical Leave Act (FMLA). Per ADA, in most cases, companies that have 15-plus

under strict orders to rest).



employees are required to make "reasonable accommodations" to help you do your work—which includes rejiggering your schedule or allowing time off for appointments. Depending on where you work, FMLA may protect your job and benefits for unpaid absences up to 12 weeks (for details, see page 162). You don't have to blow it all at once; you can take, say, a few days off to recover after each round of chemo. If you $have\,exhausted\,your\,FMLA$ benefits, check into your employer's long-term disability coverage.

You're scared you'll be fired.

It's illegal for most companies to terminate someone with an illness as long as the employee can still do their job. Yet one in four survivors say they've faced discriminatory behavior, like being passed over for a promotion. If you think you're among them, keep a diary of related incidents (for example, peers try to ease your load by taking stuff off your plate, but you're removed from the project completely). You may want to file a complaint with the **Equal Employment** Opportunity Commission. If it decides you have a case, you'll need an employment attorney (lawhelp.org can assist in finding free or low-cost options). Before you make that call: Run the situation by a pal to make sure you're not reading into things. Mid-treatment and under stress, you may be more prone to perceiving affronts.

WHATAILSYOU

Though female cancer patients who work report fewer side effects than those who don't, nearly 20 percent experience problems on the iob, including fatigue or a weakened immune system, up to five years post-treatment. Stay strong with these symptom-taming tactics.

THE SYMPTOM: FATIGUE

The Help: Chemo and radiation can take tired to a whole new level, and the effects are often cumulativethe more treatments you have, the more worn-out you may feel. Consider scheduling a day or two off after each session to recuperate. Another strategy: Every three to four hours, have a protein- and fiber-rich snack (such as an apple with peanut butter) to help keep insulin levels steady; dips can leave you feeling drained.

THE SYMPTOM: **CHEMO BRAIN**

The Help: Put meetings and

appointments into your phone or calendar to help you stay on track. And research suggests brain-training games like those from Posit Science (brainhq.com) may help cancer patients maintain mental functioning.

THE SYMPTOM: NAUSEA

The Help: About 70 percent of patients feel queasy after chemo. Munch candied gingerroot or sip ginger tea; studies show the plant can significantly quell this treatment-induced symptom. And stick to light lunches—eating large quantities can distend

the stomach, which triggers the part of your brain responsible for nausea.

THE SYMPTOM: **LYMPHEDEMA**

The Help: Swelling in your arm or leg (a common radiation side effect caused by a buildup of fluid) can restrict movement and just plain hurt. Massage and exercise can help. One study found light strength training curbed the condition by up to 70 percent; a certified cancer exercise trainer (find one at acsm.org) can recommend a safe plan. ■



CANCER ON CAMERA

ABC News and Good Morning America anchor Amy Robach battled cancer the same way her disease was discovered—on-air.

Going to work may literally have saved her life. In October 2013, Robach, then 40, got a routine mammogram—her first—live on GMA. The shocking result: She had stage 2 breast cancer that had spread to her lymph nodes.

Except for the two and a half weeks she took off for a double mastectomy and, later, reconstruction, Robach worked through her treatment, including broadcasting from the 2014 Winter Olympics in Sochi. "It was my way of telling cancer it didn't have control," she says. Robach packed antibiotics in case she developed an infection, a potential chemo side effect, and took her temperature twice a day. In video

clips she is characteristically perky, but she remembers feeling exhausted.

When she eventually lost a third of her hair. Robach had the remaining locks cut into a cute pixie. Other side effects were more challenging—such as memory loss. "We did a segment where we dressed like Mad Men characters. The next day, I saw a clip of myself and didn't remember doing it. That really scared me."

But stepping back was never an option. "Feeling like the person I was before I had cancer was important. And if I helped one person get out of bed, get a mammogram, or believe there would be light at the end of the tunnel, it was worth it."

Better, Robach's book about her cancer journey, is out September 29. Better and After Cancer Care (page 92) are both published by Rodale Inc., publisher of Women's Health





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GOOD TASTE Tannins give blackberries their

distinctive, mouth-puckering bite-making them a proper partner for sweeter greens and lean proteins.

> RECIPE. P 100

Bright-hued foods get all the glory, but the and other Bright-hued toods get all the glory, but the sin ink veats. Torce Clutch or antioxidants, Vitamins, and of the about amplies of in inky eats. Clutch nutrients—Is strong in inky eats.

By Matthew Kadey, R.D.

GREAT BENEFITS These black beauties have

twice as much life-prolonging fiber per cup as blueberries. They're also a rich source of vitamin K, essential for brainpower.

99

GOOD TASTE Dark quinoa is near impossible to overcook (read: no soggy mess). It adds nutty crunch to desserts, fish, root veggies, and burgers—so versatile! ENEFITS Gluten-free black quinoa has all the protein (8 grams per cup) that shot its beige cousin to fame, plus it conceals an extra weapon: even more age-avenging antioxidants.

BLACKBERRY TURKEY FOCACCIA FLATBREADS

(shown on page 99)

- √₃ cup balsamic vinegar
- 2 tsp brown sugar
- 2 focaccia flatbreads
- 1 cup thinly sliced fennel, fronds reserved
- 4 oz fresh mozzarella, shredded
- cup blackberries, halved if large
- tsp finely chopped rosemary
- 8 oz shredded cooked turkey, warmed
- 1/ Preheat oven to 400°F. In a small saucepan, heat vinegar and brown sugar over medium heat and simmer, uncovered, to reduce, about 8 minutes.
- 2 / Top each piece of focaccia with equal amounts of fennel, mozzarella, blackberries, and rosemary. Place in preheated oven and heat until warmed through, about 5 minutes. Top with turkey, drizzle with balsamic syrup, and garnish with fennel fronds.

MAKES 4 SERVINGS Per serving: 400 cal, 9 g fat (4 g sat), 51 g carbs, 9 g sugar, 550 mg sodium, 4 g fiber, 28 g protein

CHOCOLATE BLACKQUINOA CAKE

- 1 cup pitted Medjool dates
- ²⅓ cup dark cocoa powder
- ²/₃ cup brewed hot coffee
- ⅓ cup coconut oil, softened
- 2 large eggs, lightly
- 2 tsp vanilla extract
- 1 cup all-purpose flour
- 1/4 cup sugar
- ½ tsp baking soda
- 1/4 tsp salt
- 1½ cups cooked black quinoa Toasted, unsalted pumpkin seeds
- 1 / Preheat oven to 350°F. Soak dates in 1 cup boiling water for 15 minutes, then transfer both to a blender and puree until smooth.
- 2 / Whisk together cocoa powder, hot coffee, and coconut oil. Add date paste, eggs, and vanilla, whisking until smooth.
- 3/In a bowl, combine flour, sugar, baking soda, and salt. Add to the cocoa mixture and whisk to combine. Stir in cooked quinoa.
- 4 / Pour the batter into a lightly greased 9-inch round cake pan and bake for 60 minutes, or until the center is set. Let cake cool for 15 minutes, then transfer to a wire rack to cool completely. Serve slices garnished with pumpkin seeds.

MAKES 10 SERVINGS Per serving: 270 cal, 12 g fat (7 g sat), 37 g carbs, 16 g sugar, 210 mg sodium, 5 g fiber, 7 g protein



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SCALLOPS WITH BLACK GARLIC SAUCE

- tough ends trimmed
- Tbsp extra-virgin
- Ib large sea scallops
- tsp unsalted butter

- tsp honey
- Tbsp black sesame seeds
- 1 / Bring a large pot of water to boil; add broccoli rabe and cook 2 minutes or until crisptender. Drain and plunge into ice water to shock.
- 2 / Heat 1 tablespoon oil in a large skillet over medium heat. Add rabe and sauté for 3 minutes.
- 3 / Pat scallops dry with a paper towel and season with salt and pepper. Raise heat to medium high and place scallops in a pan, making sure they do not touch each other. Cook until bottom edges are golden, about 2 minutes. Flip scallops, add butter to pan, and sear until browned, about 1½ minutes.
- 4 / Place black garlic, remaining 3 tablespoons oil, vinegar, honey, chili flakes, and a few pinches of salt and pepper in a small saucepan. Bring to simmer for 2 minutes, until sauce is reduced. To serve, place broccoli rabe on serving plates and top with scallops, garlic sauce, and sesame seeds.

MAKES 4 SERVINGS Per serving 280 cal, 18 g fat (3.5 g sat), 14 g carbs, 4 g sugar, 450 mg sodium, 2 g fiber, 17 g protein ■







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- **#1** Pharmacist^^ recommended frequent heartburn medicine for **10 straight years.**

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^†AlphalmpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

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alcohol by volume



Kirin Light

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Michelob Ultra The longer-aged

beer packs subtle notes of citrus. Per 12 oz: 95 cal, 2.6 g carbs, 4.2 percent ABV



Yuengling Light Lager

A lower-cal version with all the flavor of the original. Per 12 oz: 99 cal, 8.5 g carbs 3.2 percent ABV



Corona Light

The refreshing pale lager is made with corn. Don't forget a lime. Per 12 oz: 99 cal, 5 g carbs, 4.1 percent ABV



Sam Adams Light

Light but not a lightweight, it's a full-bodied amber sip. Per 12 oz: 119 cal, 9.7 g carbs 4.3 percent ABV ■

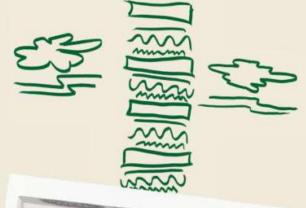
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"Inever thought I would feel so awesome!"

An Italian beef sandwich, cheese fries, and a chocolate shake: That was once the go-to lunch for Jen Punda. The Bolingbrook, Illinois, resident watched her size slowly climb—a 10 in high school, a 14 in college, and, after the birth of her first child, a size 18. "I had no idea about calories, and I didn't care," the now 31-year-old teacher says. "I blocked out the consequences of what I ate." At her heaviest, 5'3" Jen weighed 230 pounds.

The Change

Jen says she had "no real motivation" to alter her habits until October 2011, when she was six months pregnant with her second child. She'd had surgery for a slipped disk at age 21, and now the old injury and excruciating back pain had returned with a vengeance. "I had to use a walker to go 10 steps to the bathroom," she says. Shortly after the baby came in January, she had surgery. Breastfeeding and an AWOL appetite had her dropping 20 pounds in three months, but she didn't feel healthy and still struggled to walk. "My doctor told me that strengthening my core could help, and losing more weight would take pressure off my back," she recalls. Out of options and tired of suffering, she thought, I will literally do anything.

The Lifestyle

Physical therapy two or three times a week was Jen's entry point: Even



the simple stretches and yoga moves were more activity than she was used to. During the summer of 2012, Jen zeroed in on her diet by tracking calories with an app that she also used to measure portions. By November, she had whittled away another 20 pounds with lean

pork and chicken dishes (plus tons of veggies) her husband prepared at home. "He's a great cook, but with a full-time job he often drifted to fast food too," says Jen.

She was also regularly walking on the treadmill for about 20 minutes at a time and increased it by 10 minutes each month. That summer, she could break into a jog. At first she felt self-conscious, but over the next nine months she shed almost 30 more pounds. In the fall of 2013, Jen, now almost 70 pounds lighter,

raced in her first 5-K. "Being in that atmosphere gave me an adrenaline rush," she says. "I ran the whole thing—it was amazing!" As she upped her running to four days a week, including 10-mile treks, she began incorporating body-weight and free-weight exercises into

her routine. Over the next year, Jen shed about 10 more Run It Off! pounds, and in November Register for the Runner's World Half 2014 she accomplished & Festival (Oct.

her goal of finishing a half-marathon. (Wanna get in on that yourself? Look left.)

The Reward

Jen had avoided group sports when she was overweight because she feared people would make fun of her, but now she looks forward to Friday-night games in a competitive volleyball league. "There is zero chance I would have done this when I was so heavy," she says.

Jen's Tips

- > Drink up. "Staving hydrated really does keep cravings in check. I bought a 32-ounce water bottle with hash marks on the side and try to drink it down to the halfway mark by 9 a.m., and the rest by lunchtime. Then I refill."
- > Ditch the guilt. "If you deprive yourself, you'll feel deprived. Sometimes, when someone brings doughnuts to work, I cut one in half and enjoy it with a friend."
- > Crank the tunes. "I always listen to music while I run. Try something with a strong, quick beat, like 'Hey Mama' by David Guetta or Pandora's Dance Cardio station."

All You Can Eat

16-18) at RWHalf

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races being held

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incredibly delicious.

Buy 5, Drop 5

Put these power foods on your plate and eat your way to a smaller size.

By Keri Glassman, R.D.



Brown Rice

Raise your chopsticks! Harvard researchers found that trading the white stuff for this whole grain at just one meal led to lower postnoshing blood sugar levels.

Butternut Squash

No wonder this gourd looks like a pumpkin on a diet: With a mere 63 calories a cup, plus fiber and protein, it's a tasty way to truly *squash* hunger.

White Button Mushrooms

These babies may cap women's glycemic response after eating, increasing exercise endurance and helping you get nice and lean.

Chicken Breast

Give blub the bird.
Three-quarters of this poultry's cals come from metabolism-boosting protein, and it has less than half the fat of dark meat.

Apples

For hard-core slimming, eat the skin too. It contains a compound called pectin that helps you to feel fuller longer.







BREAKFAST

Oatmeal Squares

Preheat oven to 375°F.
Combine ½ cup rolled
oats; ½ tsp cinnamon;
¼ cup peeled, diced
butternut squash; and
1 Tbsp diced apple. Beat
1 egg with ½ cup milk and
1 Tbsp honey; add to oat
mixture. Pour into 1-quart
dish and bake 15 minutes.
Cut into squares to serve.

LUNCH

Fall Kale Salad

Whisk together 1 Tbsp apple cider vinegar, 2 tsp olive oil, ½ tsp Dijon mustard, and ½ tsp honey. Toss with ⅓ cup cooked rice; 2 cups chopped kale; ½ apple, sliced; and ½ cup sliced mushrooms. Top with 3 oz sliced grilled chicken breast and 6 toasted walnuts, chopped.

SNACK

Stuffed Mushrooms

Brush 3 mushroom caps with olive oil and place on a baking sheet. Bake at 375°F for 15 minutes. Mix 4 finely chopped walnuts with ¼ cup cooked brown rice and 1 Tbsp grated Gruyère. Fill mushrooms with mixture and sprinkle with more grated Gruyère.

DINNER

Chicken Apple Quesadilla

Place a tortilla in a large skillet on medium-high heat. Mix ¼ cup shredded Gruyère with ½ cup shredded cooked chicken breast and spread over half the tortilla. Layer 6 thin apple slices on top of chicken mixture and fold tortilla over like an omelet. Cook, flipping once, until edges brown and cheese melts, about 5 minutes. Cut into

DESSERT

Butternut Souffle

Preheat oven to 325°F.
Mix ½ cup mashed,
cooked butternut squash;
2 tsp honey; ½ tsp
vanilla extract; ¼ tsp
cinnamon; and a dash of
salt. Add 1 beaten egg.
Pour into an 8- to 10-oz
souffle dish and bake until
set, about 30 minutes.
Garnish with honey and
crushed walnuts.

HAVE ON HAND V Dijon mustard FOR CRUNCH ✓ Kale ✓ Rolledoats wedges. Serve with salsa. (AND SOME ✓ Cinnamon
✓ Walnuts **HEART-HEALTHY** ✓ Eggs
 ✓ Milk
 ✓ 10-inch tortilla FATS), TOAST THE SQUASH SEEDS AND ✓ Salsa Honey SPRINKLE 'EM ON ✓ Apple cider vinegar
✓ Vanilla extract THE SOUFFLE.

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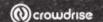


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The Female Libido, Unzipped

It's the zap that ignites your naughty thoughts, sends pleasure waves to your lady parts, and makes you want to ride your man like a carousel horse. Yes, sexual arousal is an amazing process—if it works. Too bad the top bedroom complaint among women is the lack of it, and the anxiety that creates, which has scientists (and drug companies) finally stepping in to figure out why.

On August 18, a week after this issue goes to print, the FDA will have voted on Flibanserin, the first-ever female sex drive drug, which could open the door for future treatments, says Leah Millheiser, M.D., director of the female sexual medicine program at Stanford Health Care. No matter the outcome, it's time you joined the convo: Sex Ed is now in session.

I see sex everywhereeven in furry designer purses.

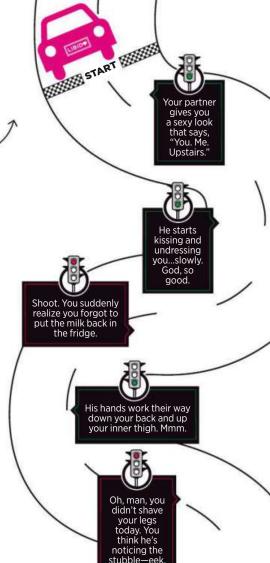
PHOTOGRAPHS BY CHRISTOPHER GRIFFITH

Lesson One:

GET ON THE HORNY HIGHWAY!

Imagine your libido as a car with two conflicting pedals, says

Emily Nagoski, Ph.D., director of wellness education at Smith College and author of Come As You Are. There's the sexual excitement system (SES) that ignites your arousal, and the sexual inhibition system (SIS) that either slows it down or completely shuts it off. Both function simultaneously in our brains, according to Nagoski, but in some women (due to hormones, genetics, or other factors), one side is stronger than the other, making it much easier or harder to get—and stay horned up. But even if your SES hits a couple of speed bumps, you can still reach your destination. You just



AND NOW, A COMICAL AROUSAL THEORY FROM MEGAN AMRAM—COMEDIAN, HARVARD GRAD, AND AUTHOR OF SCIENCE...FOR HER!

"One word: foreplay.

Have your man cook you a relaxing meal, like a spicy chili. The sweat from eating the chili will make you want to remove your clothes immediately. And did you know that sweat can be a natural lubricant? Off you go, ready for intercourse!"



need to be patient, refocus,

and—we can't underscore this

enough-keep going.

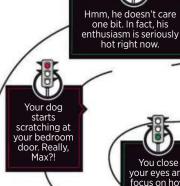


Bat Sheva Marcus, L.C.S.W., Ph.D, Clinical director of The Medical Center for Female Sexuality

FOREVER HORNY

"Is it true that if I don't 'use' my sex drive regularly, I'll lose it?"

No, you don't lose your libido from lack of use. But if you haven't had sex in a few months or years, it may feel that way. It might mean you're not getting the arousal signals (something is wrong hormonally, maybe) or you've started to ignore them (because you're furious at your guy, you're too busy, tired, etc.). If that's the case, you should focus on dealing with these underlying issues.



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We matched up some of the biggest arousal disrupters with their proven "Welcome back, mojo!" fixes.

Anxiety or stress, both major libido killers

BOOSTER

Deep breathing or a 10-minute meditation session can dial down stress. Erotic reading might also help distract you and "focus your mind on getting sexual," says Kat Van Kirk, Ph.D., a clinical sexologist and marriage and family therapist. Masturbation is another two-for-one trick. "It can help shift your attention to pleasure and sensuality and away from the things that are stressing you out," says Nagoski.

Certain medications—such

as antidepressants

(particularly SSRIs) and oral

contraceptives—or hormonal

changes (like those that

can happen during and after

pregnancy) can affect key

sex-drive hormones.

Sugar, says Alexandra Jamieson, author of Women, Food, and Desire. The inflammatory food contributes to insulin resistance, which, in turn, drives down testosterone (an arousal hormone in both men and women). Plus, "eating sugary foods can make you feel lethargic," adds Van Kirk.

Pelvic pain, possibly caused by endometriosis or fibroids,

which can make sex (even just the thought of it) off-putting

Get evaluated by your

gyno and learn more about

treatment options that can ease pelvic pain (such as drug remedies or surgeries that remove fibroids or

endometrial tissue), suggests Taraneh Shirazian, M.D., of

NYU Langone Medical Center.

BOOSTER

BOOSTER

Exercise, A 2012 study found that vigorous cardio makes women on antidepressants feel more sexually aroused. "It balances hormones and increases blood flow to the erogenous zones," says Van Kirk. Or try switching your BC pill brand.

BOOSTER

Cut your sweets intake and order a dozen oysters to split on date night (not an aphrodisiac cliché). "They're high in zinc, which helps your body use estrogen and progesterone effectively. They also contain dopamine. a hormone known to help increase libido in both men and women," says Jamieson.

CONFUSING URGES

"I'm straight, but I get very turned on by same-sex action. What does that mean?"

Some of my patients feel upset and say, "I fantasized about being overcome by a stranger in the woods!" Or "I imagined trading sex with a cop to get out of a parking ticket. Am I sick or what?" But fantasies are not wishes. They're fun and exciting precisely because they're outside our normal realm. The fact that you love thinking about lesbian sex doesn't mean you're a lesbian—it just means you happen to get turned on by lesbian fantasies. These dreams can fuel your real sex life, so enjoy them.

Now isn't that a drag: A Stanford University study found that for many couples, the struggle to conceive can be stressful enough to put a damper on their sex drives (ack, vicious circle!). To keep your momentum to bone going-or to break out of the average dry spell-try planning romantic dates, and once you're in the mood, experimenting with role-playing and new sex positions, says Alyssa Dweck, M.D., a Westchester County, New York, avnecologist and author of V Is for Vagina.

Bat Sheva Marcus, L.C.S.W., Ph.D, Clinical director of The Medical Center for Female Sexuality

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CARA* SHARES HER STORY
AS A VOLUNTEER GUINEA
PIG FOR FLIBANSERIN, THE
DRUG THAT TINKERS WITH
CHEMICALS IN THE BRAIN
THAT IMPACT DESIRE.

"I've always been attracted to my husband. Even days before giving birth to our son at age 30, I wanted sex. But after the pregnancy, my desire died.

I tried different birth control pills, supplements, a sex therapist-nothing helped. When we were lying in bed, I could feel his pain, that he felt sad and unloved. Then we saw an ad about a trial for Flibanserin. They were looking for women who had normal marriages-no major issues, just like us. I was accepted and sent home with Flibanserin. I started to take the pill daily right before bed. At first, I didn't notice much change. And then, after about a month, we had sex twice in one week. Within a couple of months, we were having it on a regular basis. Physically, I noticed I was a lot wetter. It was amazing to think I finally had my libido back. So when the trial ended after a year and a half and I could no longer take Flibanserin. I wasn't concerned. But after two months, the sex (and my thoughts about it) died. I got mad at myself, like, What's wrong with me? The doctors gave me an antidepressant, but it just numbs me. If the pill gets approved, I'll be the first in line for it."

*Name has been changed

Lesson Three: RANDOM ACTS OF AROUSAL

Ever feel surprisingly turned on while doing something totally mundane, like reading your favorite lifestyle blog or smelling fresh paint? You have plenty of company. In fact, becoming aroused organically is the way we females roll. Women have credited squeezing a sponge, seeing fire, or licking someone's nose as major turn-ons, according to Erika Lust, a feminist erotic film director whose fans share their X-rated confessions on her site. For those who'd like to randomly search and discover, Tumblr Porn (personal blogs full of curated seductive images) and Porn GIFs (one hot moment of a sexual scenario played in a continuous loop) are immensely popular. "It gives you access to a huge catalog of erotic images covering a wide range of content," says Lust.

HOW ABOUT SOME HOMEWORK?

Calling all teacher's pets: We're offering something way hotter than gold stars.

READ

Have a BDSM pro excite you. "This book was written by a woman in the porn industry who understands what really turns women on," says Coleen Singer, an author and sexpert for Sssh.com, an erotica site for women. "The sex scenes are very explicit and kinky."

Letting Go, by Kelli Roberts and Richard Bacula \$11.85. amazon.com

WATCH

What makes this porn different? "It's directed by and stars a long-term couple who never show their faces, so it's easy to insert yourself into the action," says Lust.

Private Paradise, by Nympho Ninjas \$11, http://nymphoninjas.net

Fact: Weird things can get you wet.



Bat Sheva Marcus, L.C.S.W., Ph.D. Clinical director of The Medical Center for Female Sexuality

MISMATCHED MOTIVATION

"I'm in my twenties and my boyfriend is in his thirties. I want sex all the time; he never does. It's a big issue in our relationship. Aren't men supposed to think about and want it constantly?"

Absolutely not true. Some want it more and some want it less. just like women. However, you are describing a man who never wants sex, which could be from a number of things: low hormone levels, medications getting in the way, or, more disturbingly, his being involved with someone else. But the important point is that his sexual desire level is not working for you, and that is what matters here. It may be awkward, but you need to sit down with him and explain how the lack of sex has been affecting you and that you want to help him rediscover his sex drive. Then get help for both of you. ■



PLAY

Unlike the average sex toy, this small, mild vibrator is meant to be used five to 10 minutes before sex to increase blood flow (and lubrication) in your nether regions. Gentle suction secures it over your clitoris, so your hands can be free for foreplay.

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with... Dierks Bentley,

39, country singer. (Want him to croon "Riser" to you in person? He's on tour now.)

What's the craziest thing you've done for love?

I surprised my wife with eloping. We were in Las Vegas staying at the MGM Grand, and my friend [who's a stylist] came into the room carrying four wedding dresses. My wife goes, "What's going on?" and I go, "We're going to Mexico and we're getting married tomorrow."

Are you a fan of PDA?

It's such a funny thing. When you first start dating, you're puppy-doggin' it and all up on each other. But I'm a big fan of touch. If my wife's around, I just like to hold her hand or put my arm around her.

How do you handle heartbreak?

I'm trying to write a record about this right now. When you have a child it's like having another heart born, and it's yours, and it's out there roaming around. It gets bumps and bruises, but worse, it grows up! That's a form of heartbreak that I never knew existed.

Can you be trusted with a secret?

With my kids, I've never broken a pinkie promise and they know I never will. Even if it's like, "Dad, don't throw me in this pool!" Or if it's something big with my wife, I pride myself on being a really good vault.

Bromance crush?

I see Chris Pratt
everywhere I go. He
and I have the same
stylist, and I kinda
feel like she's
cheating on me with
Chris Pratt. Like, c'mon, I
recognize these clothes! I see that
jacket, you gave me that shirt
before. This Chris Pratt guy
is stealing my girl! But I think
he's pretty awesome. I've
never met him though.

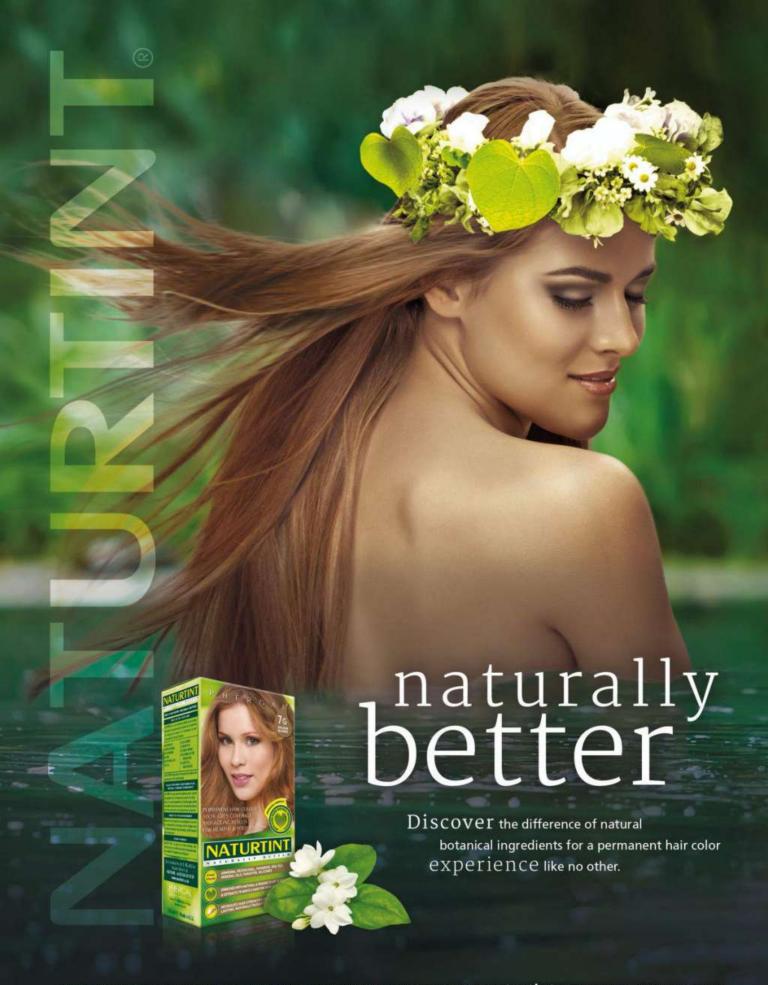
-Faye Brennan

Fast Talk

- > Stay home or go out?
 Stay home.
- > Favorite dish to cook? Burritos.
- Your shower song? "Beauty and the Beast." That's all my girls have been singing.
- > What do you sleep in? I usually have boxers nearby. But I don't sleep in anything.
- > Your hero?

 My fans. It blows
 my mind the
 stories I hear from
 people who just
 make ends meet
 every day and still
 come to the show.









Something is about to interrupt Reese Witherspoon's perfect day. We're at her WH photo shoot in the picturesque Pacific Palisades, and the Oscar winner is looking like a full-on goddess, highlighted blonde hair billowing in the ocean breeze, skin dewy and flawless, striking pose after gorgeous pose when...look out! A hideous insect the size of a golf ball flies into the frame. Everyone on set recoils in horror; some even shriek. But not our heroine, who reaches out her immaculately manicured hands and catches the damn thing. "I like bugs," Reese shrugs, sending the big guy on its way.

Like one of those Russian nesting dolls, Reese has depth and is full of surprises. This whole bug incident is a microexample of who she is within: a woman who knows what she wants and isn't afraid to confront problems with a direct, no-bullshit approach. Take the issue of one-note parts for Hollywood actresses. While plenty of her peers have spent years complaining about the dearth of meaty, nuanced parts that reflect the complexities of IRL women, Reese has literally flipped the script. In 2012. the now 39-year-old partnered with Australian producer Bruna Papandrea to launch Pacific Standard, a production

company dedicated to finding and developing female-driven projects. During their first two years alone, Reese and Bruna succeeded in getting two überpopular page-turners from book to big screen (Gillian Flynn's thriller *Gone Girl* and Cheryl Strayed's memoir *Wild*), which is more than some other producers accomplish in a decade.

The New Orleans-born, Nashvilleraised star has also used her celebrity to remind people that women's value lies in their brains, not their looks. She's a tireless advocate for the Malala Fund, which fights for girls' rights to education, and during this year's Oscar season, she joined the #AskHerMore campaign urging reporters to treat women as more than clothes hangers on the red carpet. "We are happy...to talk about the work that we've done," she told Robin Roberts. Today, of her take-charge attitude, she tells *Women's*

Health: "I got tired of other people being the architect of my destiny. I know too much; I've done too much."

Not that she plans on doing less anytime soon. After orchestrating the optioning of Liane Moriarty's blockbuster book *Big Little Lies* for a 2016 HBO series that's being coproduced with Nicole Kidman's Blossom Films, she snagged the production rights to first-time author Jessica Knoll's dark, twist-filled novel, *Luckiest Girl Alive*, before it was even out, never mind a *New York Times* best-seller.

But as much as she's learned and gained from books, Reese will tell you there's no better teacher than real, messy life. So on this magazine's 10th anniversary—and only a few months from Reese's 40th birthday—we asked one of the world's most inspiring women exactly what it takes to harness her power...and how you can harness yours.

"Physical strength is important."

#TRUTH. So what does the mother of three do to stay fit? Grabs her girlfriends, for one! "There's a group of us, and I'm like, 'Okay, girls! What are we doing today?" says Reese. Often, it's a Body by Simone class (bodybysimone.com, locations in New York City and West Hollywood). "It incorporates dance, strength training, and stretching, and it's all in an hour, which is perfectly doable for me. I do that a couple of times a week. I also run, I spin, I do yoga." Done and done.



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1. PURPOSE

"Having a daughter and wanting her to see real women reflected on film is so important to me. People say, 'Oh, you've got to talk about [gender-inequality in Hollywood].' Talking about it has never been that effective. I like when people do something about it. I realize I have a finite amount of time. I want to facilitate opportunities for other women by buying the books that have female leads and choosing to hire female interns. I refer to it as finding the right space and being aware of what's missing."

2. AMBITION

"How wonderful it would be for our culture not to see ambition as an ugly thing within a woman's personality! In our society, when we see women who want to succeed or who view themselves as leaders, it's like, 'How arrogant!' Well, I think it's fantastic. I knew when I was looking for a producing partner, I wanted somebody whose skills were completely different from mine but [whose goals were] just as lofty. Bruna's a powerhouse. We both wanted to show women doing different things. Women aren't always good in our movies; sometimes they're not very trustworthy. Gone Girl is a good example-it's an interesting study of female nature."

3. SUPPORT

"While I was making [2010's How Do You Know], I met this great coach, Sue Enquist—she guided the UCLA softball team to four national championships. She said, 'Thirty percent of the people you meet every day are going to lift you up; 30 percent are going to be neutral; 30 percent are going to bring you down. Don't spend your life with the bottom third.' Successful women don't have a lot of time for people who don't lift them up. There are a lot of people in life who want to tear you down or get you involved in their drama. That's a big life lesson that is



hard to learn when you're young, but as I get older, I see women weeding people out of their lives. This is healthy. You don't need to be a good friend to someone who's not a good friend to you. You don't even need to be a good daughter or sister or wife to somebody who's not good to you. It goes that far."

4. CHARITY

"When I started [my new lifestyle and clothing company] Draper James, it was so important to me to give back to women who are entrepreneurial. Girls Inc. has created incredible programs all over the U.S. that empower women economically. This month, Draper James is going to

start funding a Girls Inc. initiative: It's about economic education and financial education, so moms and their daughters can learn [things like] how to invest, what a mortgage is, how you start a business."

5. GRIT

"That pit in your stomach, like you're going to be asked to do something you can't accomplish? I still haven't conquered that. Every time I start a film, I'm terrified. But the worry isn't helping, you know? Run the worst-case scenario, like, 'The worst thing is the movie's not going to do well, and I'm going to get bad reviews.' That's already happened in my life, and I didn't die."

Reese's Must-Reads

The self-proclaimed "book dork" and lover of female authors from Alice Munro and Aimee Molloy to Ann Patchett and Anna Quindlen (and that's just the A's!) names three titles every woman should have on her shelf.

Tiny Beautiful Things: Advice on Love and Life from Dear Sugar, by Cheryl Strayed

"It's an advice column, and it pretty much covers any question you would have. She's insightful and loving and kind, but very direct and honest."

The Measure of Our Success: A Letter to My Children and Yours, by Marian Wright Edelman

"This book really changed my life. It's a letter she wrote to

her sons for their 18th birthday on how to be a good person. She's an incredible advocate for children's rights in our country, and she also worked with Dr. King."

Birds of America, by Lorrie Moore

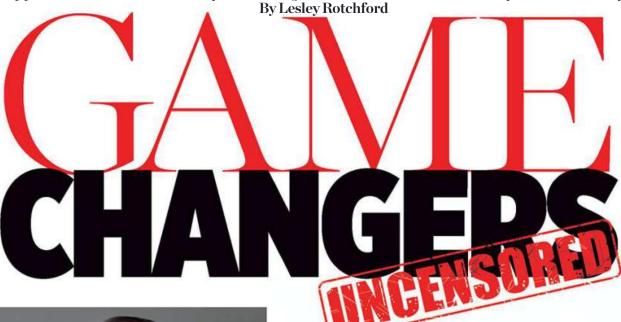
"It's a slice of all different kinds of women in our country at different stages in their lives and different places. Lorrie just writes with humor and intellect; she's been one of my favorite writers all my life."



100% Whole Grain

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We know what you're thinking: Zzz...another one of those lists. Hardly: Ours isn't all fluff or ass-kissing. Ass-kicking? That's more like it. These 27 women have made ground-busting strides in the fields of health and wellness. Chances are, they've helped you get saner, happier, even ballsier, and they're sharing lots more wisdom exclusively with us—and you.





Shonda Rhimes

Just.keeps

Girl-on-girl action. S and M(ish) sex. Cunnilingus. Not your typical network TV fare. At least, it wasn't before Shonda's shows hit the small screen. Her characters aren't shy about getting freaky; Shonda herself doesn't shy away from much either. Her new book, Year of Yes, chronicles her mission to check "yes" on just about anything. Except, that is, her least favorite ask: "Why is it so hard for black people to be on television?' It drives me nuts! I'm not the ambassador for diversity questions."

- ✓ Voice Your Desires. "You can shoot someone in the face on TV and no one blinks. But people are shocked when you show sex. I hope my daughters grow up to have amazing sex. I really do. I do not hope they grow up to shoot someone in the face. Representing women owning their sexuality is how it should be."
- ✓ Stand Your Ground. "Early on [on Grey's Anatomy], Callie and Arizona were kissing, and Arizona ran her hand up Callie's leg-and [the network] said we couldn't do that. I said, you are not going to tell me that a woman cannot run her hand up another woman's leg when we've seen Mark Sloan do all kinds of things to Callie. A great conversation came out of it, and things turned so everybody was on the same page."
- ✓ Be All Your Selves. "In a lot of people's minds, there's a split between being a feminist and caring about pretty things. You can only be one way or the other; 'girlie' is a bad moniker. I think girlie can mean something pretty badass."
- ✓ Trust Your Gut. "When I was starting out, I wish I knew that nobody knows what they're doing, that everybody is just winging it. That would have provided me with a sense of confidence—that the stuff I thought made sense was right just because it felt right."
- ✓ Quit Stalling. "I lost 98 pounds this year. I realized I could either spend my life going, I wish I could lose weight...or I could just do it. Nothing is 100 percent fun all the time. But I have never not done something with a pointed focus."

Shonda's dramas—Grey's Anatomy, Scandal, and How to Get Away with Murder—air Thursday nights on ABC. This season, the network will also air Shonda's latest show, The Catch. Her book, Year of Yes, comes out in November.



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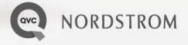
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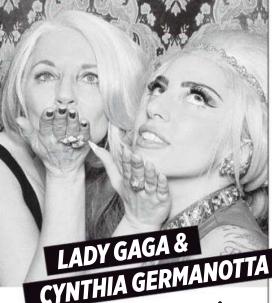


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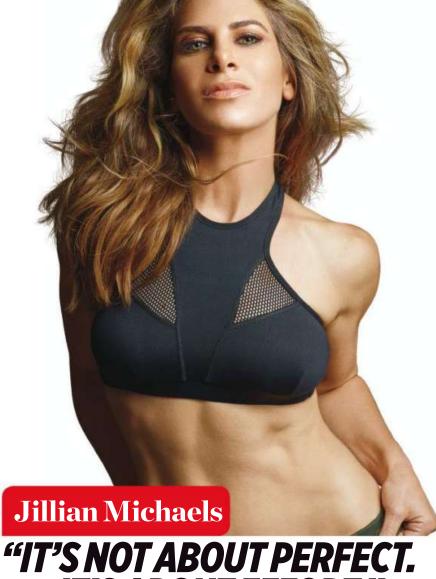


Before Gaga, who wore meat dresses and kitchen gloves as fashion statements? Who arrived at awards shows in giant eggs, or opened up onstage about drug use, eating disorders, and depression? (Right: no one.) Her over-thetop "It's okay to be different" message birthed an even more important one: It's okay to talk about how not fitting in can feel agonizing.

"At first I said, 'Why are you baring your soul and all these problems you had?" says mom Cynthia. "What I didn't get was that she was healing and they were healing. [Fans] would say, 'Gaga, how did you do it? How did vou overcome vour problems?' At one point she said to me, 'Mom, we need to formalize this and try to help."

In 2011, the duo launched the Born This Way Foundation, dedicated to empowering young people. This year, they're partnering with the Center for Emotional Intelligence at Yale University for Emotion Revolution, a campaign focused on creating safe emotional spaces in schools. "[My mom and I] believe in a kinder and braver world," Lady Gaga told WH. "Nothing can stop us from building one together."

Lady Gaga and Cynthia's Emotion Revolution Summit takes place this month at Yale University.



IT'S ABOUT EFFORT."

First came Fonda, with her leg warmers, chirpy encouragement, and rad feathered hair. Then...male trainers and guy fitness idols and men, men, men. Until 2004, when The Biggest Loser premiered with drill-sergeant-in-spandex Jillian Michaels (it was the dude coach, Bob Harper, who played the softie). Her scary-serious MO bred a new wave of tough female trainers and unapologetically strong women. And BT-Dubs, she still doesn't want to hear your excuses.

"I don't really love working out. In fact, I actually hate it. I work out because I want to have a better life, not just a better body."

"I've always been really transparent about my flaws, having cellulite. I'm not perfect. I don't believe anybody is."

"The trend has really changed. It's not about being skinny. It's about a softer, curvaceous J. Lo kind of body.

Fuller-figured but still really fit."

"When I was starting out, there was a false message of lethargy: Just do the bare minimum. It antagonized the shit out of me. You're far stronger than you ever thought."

"I do believe in empathy. I get it it's physically painful, it's emotionally painful. I know it sucks. But you've got one life. Let's do this."

"I think I moved the needle in the right direction. But the industry has gone a little too far with the harder-isbetter trend. I worry I played a role in that. I don't think harder is always better-sometimes harder is harder."

"My goal now is to bring people to a more intelligent, thoughtful approach."

Jillian's new Spike TV fitness competition show, Sweat Inc., airs this month; her docu-reality series, Just Jillian, premieres on E! in February.



BPOWER FOR AMPLIFYING PASSIONS

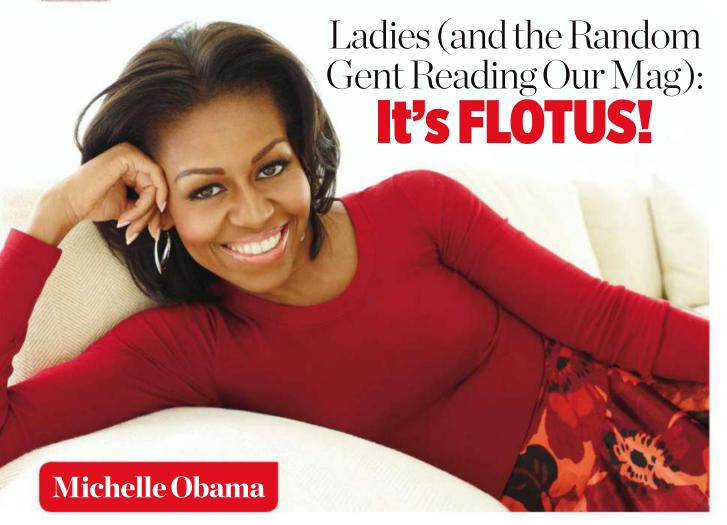
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She Dougies. She rules the weight room (just YouTube her workouts). She smack-tweets the leader of the free world about getting in shape. And, yeah, those arms—they pretty much brought back the sleeveless dress. Unlike any First Lady before her, Michelle wants you to see her sweat. She's on a mission to get you moving too.

First, how does it feel to be a fitness icon?

I certainly don't consider myself an icon-that's way too much pressure! But I do hope that by being active-whether by Hula-Hooping with kids on the White House lawn or by hitting the gym as often as I can—I'm showing people that there are all kinds of ways to get fit, and that it's really about finding activities that work best for your body. I hope I'm also showing people that getting fit can be fun!

Why are health and fitness so important to you?

When I eat well and work out, I feel happy and energized. When I don't, my mood and my energy dip. Back when I was a busy working mom in Chicago, Barack and I didn't always make the best nutrition choices. We were a little too dependent on our microwave and takeout. It got to the point where our pediatrician pulled me aside and urged me to make some changes for the sake of our daughters' health. That was a real wake-up call for us.

Why is it so crucial that women get the message?

We work so hard to take care of our families and jobs; our own health is often that last item on the to-do list that we never get around to. I remember when our older daughter was born, I was exhausted, struggling with late-night feedings and diaper changes, while trying to manage my own career and support Barack's career. I was barely able to take a shower every day, let alone get to the gvm. My mother sat me down and told me, "Michelle, you cannot be there for everyone else if you're not there for yourself." As usual, she was right. Like many women-and men-I've struggled to find the right balance.

What are the biggest successes of your Let's Move! initiative?

We've rallied leaders from every sector, and together, we are changing the conversation about how we live and eat. We've helped create healthier day care centers, we raised standards for school meals. and nearly 9 million kids are attending schools where they get 60 minutes of physical activity a day. Childhood obesity rates have finally stopped risingbut we clearly still have a long way to go. We can't fix it overnight, but if we keep giving families the support they need, I believe we will be able to give all our kids the healthy futures they deserve.

 $\label{lem:michelle} \textit{Michelle is the founder of Let's Move!}, the national \, campaign \, to \, reduce \, childhood \, obesity \, and \, help \, kids \, lead \, healthier \, lives. \, Earlier \, this \, year, \, she \, and \, Barack \, founded \, the \, Let \, Girls \, Learn \, initiative, \, which \, provides \, education \, support \, for \, girls \, around \, the \, world.$



this duck wears PINK

October is Breast Cancer Awareness Month—a time when people wear pink ribbons in honor of those currently fighting breast cancer and all who have gone before them. Aflac is committed to the prevention and treatment of breast cancer through research, education and collaboration, along with our partner, the American Association for Cancer Research.

Visit **ThisDuckWearsPink.com** to learn more, donate and shop to support breast cancer research.

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Z140774R 7/15

Laverne transitioned from man to woman. Her *Orange Is the New Black* character, Sophia, transitioned from man to woman. Sophia is serving time in prison. Laverne advocates for transgender women who are serving time in prison. Whiplashed yet?

Truth is, Laverne's whole life-imitatingart-imitating-life thing is just like her social impact: huge, and hard to encapsulate.

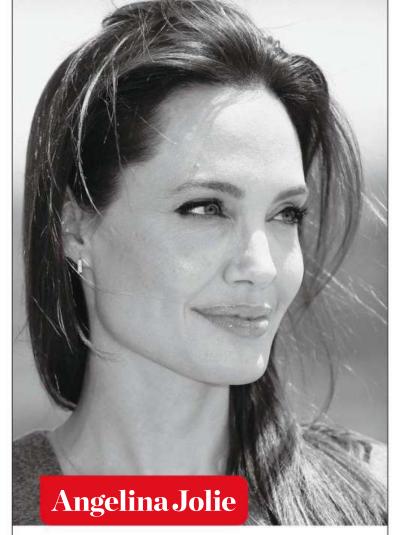
A year before Caitlyn Jenner's *Vanity Fair* debut, Laverne stood tall on the cover of *Time*, the face of what the mag called a "transgender tipping point." Her Emmynominated *OITNB* performance had thrust trans issues—along with all their stigma and confusion—onto a cultural center stage.

She's since furthered the conversation with a college speaking tour on gender identity. "I've heard from trans people all over the country that coming out has been easier because there's this TV character that their families know," Laverne tells WH. "A woman told me that Sophia made it easier for her coworkers to accept her, and a girlfriend was like, 'My dating life has gotten better because of you!" One musician even wrote Laverne to say he was contemplating suicide until he saw her work.

"It's been life-changing, not only for me but for the communities I represent," she says. "But we still need policy and hearts and minds to fully change so the day-to-day lives of trans folks are made better."

Laverne appears in the movie Grandma (out now) and the upcoming CBS legal drama Doubt. She is the producer of the 2016 documentary Free CeCe.





SHE MIGHT SAVE YOUR LIFE ONE DAY

Feminine can be a loaded word. And, these days, a blessedly amorphous one, no longer solely anchored to stereotypes or physical traits. For that, we can applaud Angelina, the sexiest woman alive (Esquire, 2004; People, 2005; E!, 2007; etc., etc.), who, after having her breasts and ovaries removed, told the world: "I do not feel any less of a woman... I feel feminine." And that's only a fraction of the so-called Angelina Jolie effect. Her frank 2013 and 2015 New York Times op-eds about having the BRCA1 gene turned anxious whispers into loud debates about medical risks, choices, testing, and insurance coverage. The week after her first essay was published, BRCA screening jumped by 40 percent, and in 2014, the journal Breast Cancer Research called the repercussions of Angie's big reveal "long-lasting and global" for encouraging women to know their risks and quelling their post-surgery sexual-identity fears. Her call for more affordable options has forced BRCA test costs down. And the ripple effect has gone beyond breast and ovarian cancers: It has spurred people with all types of genetic diseases to get tested.

A Hollywood A-lister democratizing health care? Now that's the way to use your fame. "I choose not to keep my story private because there are many women who do not know that they might be living under the shadow of cancer," wrote Angelina. "It is my hope that they too...will know that they have strong options."

Angelina wrote, directed, and stars (with hub Brad Pitt) in By the Sea, out November 13.



SPORTS

How many lists of
"sexiest female
athletes" or "hottest
sideline reporters"
must we bear? These
six phenoms have
helped gals be
(deservedly) hailed for
their skills, not looks.

Michelle Wie As a kid prodigy (she turned pro at 15), Michelle was the first woman to shoot a sub-par round at a Men's PGA event. "I was so young that I didn't see men and women in different categories, I just respected great players," she told us. That gender-blind attitude and an intense focus have served her well: She's won four LPGA tours, including the 2014 U.S. Women's Open. Recently waylaid by injuries, Michelle could easily take on a side job: mentor. "Female athletes are truly role models now. I'm proud to be [one]."

Serena Williams Fresh off of her sixth (sixth!) Wimbledon title and 21st major championship, Serena has solidified her spot as the best tennis player in the world. Period. Throughout her 16-year run, she has grand-slammed past some of the harshest sexism, racism, and body shaming the sports world has ever seen. "For all their practice, preparation, and confidence, even the best competitors have a voice of doubt inside them that says they are not good enough," Serena has said. "I am lucky that whatever fear I have, my desire to win is always stronger."

Danica Patrick Fast girls usually get a bad rap. Not Danica. She holds NASCAR and Indianapolis 500 women's records and was the first female to win an IndyCar race. Still, she'd rather talk about her driving. "I want to accomplish things in the sport that haven't been done before"—by anyone. Though as far as her legacy goes, she

admits it wouldn't be so bad if people said, "You know, she was a girl, and I'll tell you what: She was awesome!"

Ronda Rousev Thirty-four seconds. That's all it took for Ronda to knock out her latest opponent and maintain her flawless 12-0 record. The former Olympian and UFC Women's Champion hasn't just worked her ass off to get here—she's the one who persuaded the UFC president to let women fight in the first place. Now one of the most recognizable faces in sports, Ronda has been called the Mike Tyson of mixed martial arts (minus the ear biting, of course). Rumor has it she could beat up just about anyone, gal or guy, in her class. Her fans believe it (and at her last bout, even her opponent's side cheered for her). So do we.

Robin Roberts Before cohosting Good Morning America, Robin reported from the field. As in, the actual field: She spent decades as a sports anchor and ESPN contributor—back then, uncharted territory for women. "I had to constantly prove I was knowledgeable about sports," she told WH. She also had to lobby for equal access to athletes, including inside the men's locker room. She got it. Now, she says, "you don't blink when you see a woman sports reporter."

Sarah Thomas Being on the sidelines sucks. Unless you're Sarah; then it's your job. The first-ever, full-time female NFL game official (i.e., referee) hit the gridiron this spring. "When I'm out there, the guys don't think of me as a female," she has said. And not just because she tucks her trademark blonde pony under her cap. "My hair is the least of my concerns. [I'm] just an official-that's what I've always set out to be."

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Jessica Alba

Real-World Action Hero

On-screen, she crushes challenges, saves the planet. At the office, she... crushes challenges, saves the planet. Bet you never knew just how hard-core—in business, in activism, in health care—Jessica Alba really is. Take her (footnoted) words for it.



- "People thought I was nuts. You're going to go make what? Laundry detergent?" A.k.a. the reaction Jessica got from Hollywood before the 2011 launch of The Honest Company, her line of environmentally friendly household, baby, and personal-care products. Those doubters had to eat it this year when Honest was valued at \$1 billion.
- "As a celebrity, you're good in a room, you know how to turn it on. That doesn't make investors want you. They looked at me like: What the hell do you know

about health and business?" Let us repeat: \$1 billion.

- "When I first went to Washington to lobby [to help keep toxic substances out of consumer products], I knew I was addressing a human-health crisis. We are all guinea pigs—people have to get sick or die for a chemical to be banned." 2
- Honest is donating \$3 million to health-related causes this year. "We're investing in medical research that links certain chemicals to illnesses like autism."
- "I'm not a yogi master living off the grid and eating vegan. Kudos to people who are, but that's not me. I want to have products in my home that reflect my lifestyle. It needs to smell good, it needs to work good, it needs to look good."

- 1"I put together a great team, surrounded myself with people who are smarter than me. I took a lot of advice. I took all of the criticism as constructive."
- 2 Europe has outlawed more than 1,200 chemicals from personal-care products. The United States: 11. "I sat down with people in government... Every single person just couldn't believe the reality."
- 3 But buyers should still beware: "You see pictures of nature on a product, or brown and beige packaging, and you're like, 'This must be a better product.' But it [could be just] that the packaging is recycled—and inside are still questionable ingredients."

 $Jessica's\ The\ Honest\ Company\ launched\ a\ new\ line, Honest\ Beauty, in\ September,$





SCIENCE Women in SCIENCE SCIENCE TO THE SCIENCE OF THE SCIENCE OF

Every time you go to the doc or take a bite of anything, you are benefitting from the discoveries of these four women. No wonder we geeked out when chatting with them about their Major (capital *M* intended) accomplishments.



Marion Nestle, Ph.D., M.P.H.

Paulette Goddard Professor of Nutrition, Food Studies, and Public Health at New York University

There's a reason she's been called the most powerful foodie in America: Nestle's 2002 book, Food Politics, was the first to expose the food industry's influence on our nation's expanding waistlines. "In the '70s, people were saying that if your kids are fat, it's your fault," says Nestle. "But the industry markets cheap junk food to children and lobbies the government to water down its dietary recommendations." Her goal now is to educate women about nutritional science-corn syrup is sugar, everyone!—and to inspire women to advocate for transparency on labels.



Mary-Claire King, Ph.D.

American Cancer Society Professor of Genetics at the University of Washington School of Medicine

For years, she painstakingly combed through the human genome, searching for a sliver of DNA that could cause breast and ovarian cancer. In 1990, she found it: BRCA1. Her work blew the lid off of gene analysis and paved the way for today's scientists to ID inherited links to scores of diseases. And the average woman? "She can now learn if she carries a predisposing mutation, and if so, can take steps to prevent deadly cancers," says King. Translation: This doc has given all of us (including Angelina Jolie, page 140) a chance to live longer, healthier lives



Elizabeth Holmes Engineer, Entrepreneur, CEO of Theranos

When she dropped out of Stanford University at 19, it wasn't to backpack through Europe. It was to start her biotech company, Theranos, where Holmes—now the world's youngest female self-made billionaire, at 31—has launched a revolutionary blood test. Via a pinprick and drop of blood, it can perform hundreds of scans, from basic cholesterol checks to sophisticated STD panels. It's fast (results within hours) and convenient (Walgreens has testing centers in select states). And cheap: Some tests are 85 percent less costly than those of other labs. "Every person should be able to afford this. It's a basic human right," says Holmes. "We empower people to access their own information—then use it."

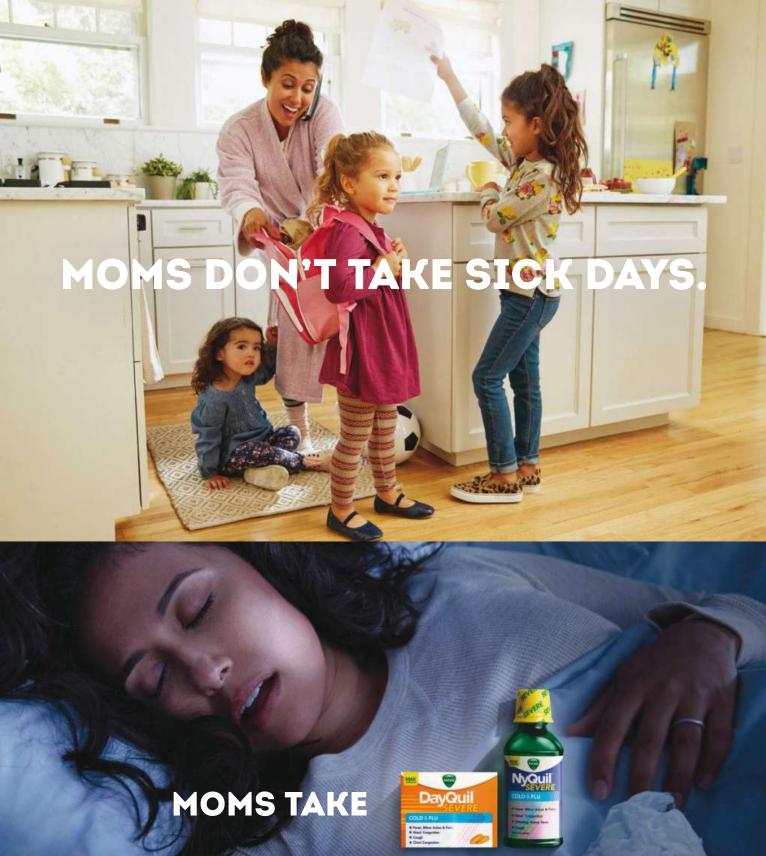


Elizabeth Blackburn, Ph.D.

Professor of Biology and Physiology at the University of California at San Francisco

She hasn't found the fountain of youth (yet), but Blackburn's work may just stave off the ravages of aging. Her Nobel Prize-winning discovery of the function of telomeres—caps at the end of chromosomes that help protect DNA—laid the groundwork that helps scientists understand how age-related conditions like heart disease and cancer work. And, we hope, how they can be cured. Blackburn moved on to study the effects of meditation on telomere length. Why you should care: Women with high stress levels often have shorter telomeresand, in general, shorter telomeres are linked to earlier cell death (and, by extension, death death).

"Every person should be able to afford this. It's a **basic human right.**"



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VICKS



ACHING, SNEEZING,
FEVER, COUGHING,
SORE THROAT, ACHING,
STUFFY HEAD, FEVER,

CHEST CONGESTION, STUFFY HEAD,
NO SICK DAYS, BEST SLEEP WITH A COLD,
MEDICINE. MEDICINE.



NO ONE is safe from... Amy Schumer

A convo with Amy is kinda like her Comedy Central sketches—fast, funny, raw, slightly uncomfortable. (WH: "What can women do to feel more confident?" AS: "Stop reading magazines." Ouch.) Hers is a complex stancegiving zero and a thousand f-cks at once—aimed, in part, at shredding body-image standards. She's dropping plenty of truth bombs along the way.

[People are] just sick of all the bullshit and fake projection of what a woman is supposed to be. They're excited about a little bit of truth. Not just, like, models who are virgins.

What is this, like, surreal standard [of beauty]? Who is that important to? Who are the men that want that? Who are the women who want to be that way? I've just never been striving for [an] alternate body for myself. I don't take my body and face as a suggestion.

I feel good in my bod. A good amount of people have been attracted to me over the years. Like, I've caused several erections.

I think as women we are all sort of afraid of accepting compliments. We don't want anyone to think we like ourselves. We're supposed to, like, trash ourselves after a compliment. That's a really good habit to break.

There are so many topics that are important to me. Feminism is always big in my book and just the stuff that I think we'll be able to change in my lifetime, like equal pay and paid leave for pregnant women.

[Editor's note: For more on that, see page 162.]

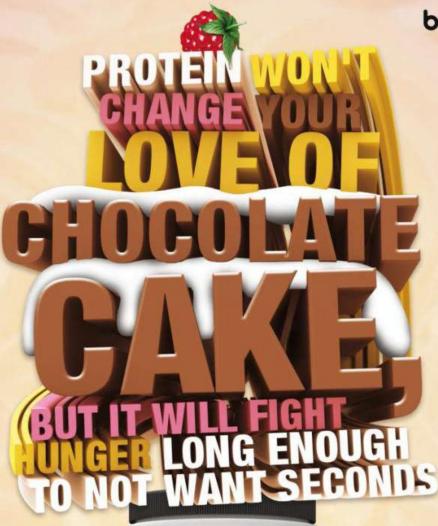
I just want people to feel better... Look at yourself in the mirror and grab your own tits and be like, I've got it going on. And just be psyched that you are healthy.

Amy's one-hour HBO comedy special, Amy Schumer: Live from the Apollo, premieres on October 17.

For more straight talk from including extended interviews, visit







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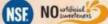
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BOSS Ladies (AND NOT JUST AT WORK)



Mika

There are wake-up calls. And there are wake-up calls. Consider Arianna's: "I collapsed from exhaustion and broke my cheekbone. I came to in a pool of blood." And Mika's: After years of being too busy to see any doctors, she found herself onstage at a conference, holding a tooth that had just fallen out.

The old friends swore to wake up the rest of the country to the fact that success (read: money, power) means way less if you're too stressed or sick to enjoy it. Each woman has become a megaphone for work-life balancespeaking out online, on air, and with their joint Thrive wellness project, which brings together thousands of people over social media and live events. Their own Zen, as they told WH, remains a work in progress. Listen in.

On SLEEP

"The most important step. I get eight hours [a night] 95 percent of the time."

"I'm still doing very badly.
My doctor prescribes me drugs
to go to sleep early because
I have to wake up at 3:30 a.m.
I don't like it, but it's the only
way I've been able to do it."

On UNPLUGGING

"This is the hardest thing for me.
I'm good at night—I disconnect from my
devices and charge them outside
my room. But I have a harder time with
[longer-term] digital detox."

"I don't run with my phone anymore—I used to take meetings while I ran. And I'm going on a vacation, a bike trip in Barcelona, where I can't bring a phone."

On MEDITATION

"I was under the impression that I had to 'do' meditation. And I didn't have time for another 'to do.' Then a friend pointed out that we don't 'do' meditation; meditation 'does' us. That opened the door for me."

"I found myself snickering at meditating. Then I tried it— and was horrified at how disjointed my thoughts were and how I couldn't do it. So [instead] I kind of meditate when I'm running. Sitting alone in a very empty church also works."

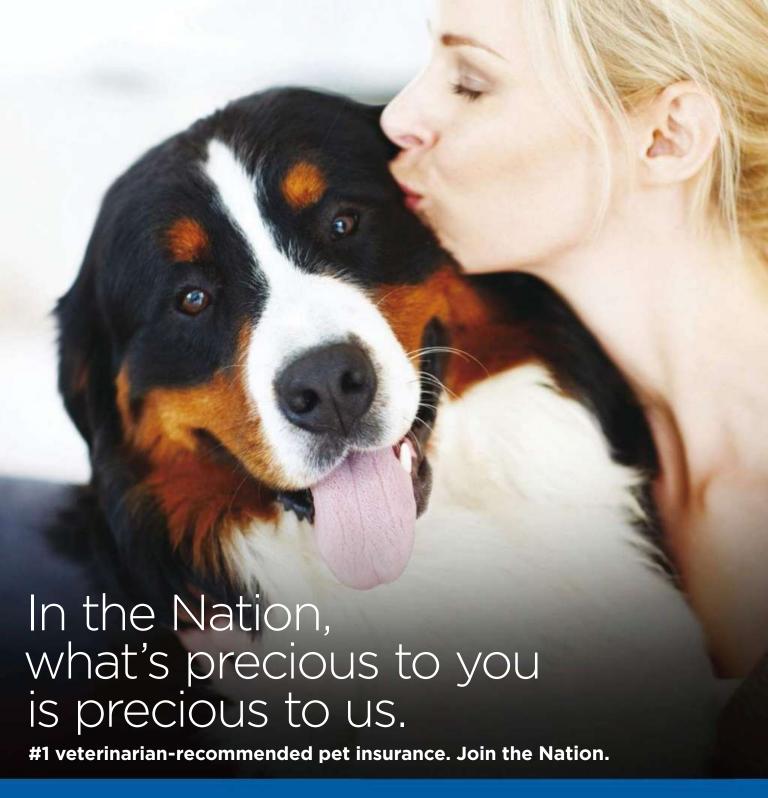
On "DOING IT ALL"

"Nothing succeeds like excess,
we are told. So working 80 hours a week
must be better than working 40,
while at the same time
making it all look effortless."

Arianna is the founder of The Huffington Post and author of Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder.

"Women have this [idea] that it's up to us to make everyone feel good—and part of that is saying, 'It's no problem!' Let's get over that. Do I mean you should complain? No. But you don't need to pretend it's easy."

Mika is the cohost of MSNBC's Morning Joe, author of Grow Your Value: Living and Working to Your Full Potential, and creator of the Know Your Value tour.



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Amy Poehler

"A **SNEAKY ANTIDOTE** to all the bad stuff"

That's how your BFF Amy describes her website, Smart Girls, which uses humor and advice from brainy women to help teens build confidence. But we're also gonna apply the quote directly to her. Amy's brand of funny isn't always slapstick obvious; it shows a sly genius. Now she's taking her intelligence-is-awesome message viral by way of the Smart Girls community, already hundreds of thousands strong.

WH: What were you like as a teenager? **AP:** Filled with anticipation.

WH: Are you naturally confident?

AP: I think everyone has those days when they must dig deep. But I like deep diggers. I like people who swim in the deep end and don't chill out with the cool kids by the side of the pool. Get your hair wet.

WH: What was it that inspired you to create Smart Girls?

AP: At first, Smart Girls was an excuse to do a Web series with friends that ended in a dance party. It started small, and then we noticed it was resonating with people. Now our goal is to keep building—and to double down on dancing.

WH: At what point did you realize you were helping people?

AP: I don't think of it as helping so much as trying to connect. I have a very suspicious personal relationship with the Internet, but when used in a certain way it can remind us we are not alone.

WH: You're clearly a person who isn't afraid to take on challenges. Is it better to overcommit and fail—or focus on a few things you can handle well?

AP: There is a special place in my heart for people who swing big. I also love people who know what they're good at. Maybe there is a middle ground between yes and no and when and now.

WH: Now that *Parks & Recreation* has (sob!) ended, what are you looking forward to? **AP:** So many fun things are up ahead. I feel like my job is to just roll down the windows and not forget to feel it all.

 $Amy \, cost ars \, with \, Tina \, Fey \, in \, the \, movie \, {\bf Sisters}, \, out \, December \, {\bf 18}.$

women in

POLITICS



U.S. Senator (D-Maryland)

Hell, Yeah Moment:

The longest-serving woman in Congress has a legendary legacy, including her 2009 Women's Preventive Health Amendment that guarantees all women, insured or not, free mammograms and cervical cancer screenings (they were once so pricey that many people skipped them altogether).



U.S. Senator (R-Alaska)

Hell, Yeah Moment:
Decrying "frankenfish"—
which nearly 2 million
Americans oppose—and
defending our right to
know what's in our grub,
she championed a 2014
amendment requiring that
genetically engineered fish
be labeled as such. This
summer, it passed in
committee and will head to
the Senate for a full vote.



U.S. Senator (D-California)

Hell, Yeah Moment:

No pol has done more for abortion rights: On the Senate floor, she argued for hours against haters of the 1994 Freedom of Access to Clinic Entrance Act (it's now a law, huzzah!) and for the 2004 Freedom of Choice Act, a landmark right-to-choose bill she wrote herself—and is still gunning for.



In the ever-deadlocked old boys' club of Congress, these five power players attack topics and fight for laws their male colleagues won't

even touch. We have room to highlight only a single item from each one's résumé, but it illustrates the point: They're totally fearless.

U.S. Representative (D-Washington, D.C.)

Hell, Yeah Moment:

She stormed out of a 2012 congressional hearing on contraceptive care after the committee refused to put a woman on the all-male panel (seriously). The resulting press melee brought crucial awareness to just how hard women—in Congress and out—have to work to have a say in their reproductive rights.



U.S. Senator (D-Missouri)

Hell, Yeah Moment:

In the face of troubling rape statistics, she pressed into law a bill that overhauled the way the military handles sexual assaults (more victim protection, harsher perpetrator punishments). Then came her 2015 Campus Accountability and Safety Act, which shields college students from sexual violence.



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Ever feel the need...the need for anything but the inside of a gym? (That thunderous sound you hear is millions of women shouting "yes!" in unison.) Take it outdoors (and off-road) by biking, hiking, or running your way to a tighter butt, a sounder mind, a whole other peak.

BY CRISTINA GOYANES PHOTOGRAPHS BY BRYAN DERBALLA



>> TRAIL RUNNING

Consider how thrilling it is to jog while watching *Live with* Kelly and Michael for the 10th weekday in a row. Exactly why trail running is blowing up right now: A change of scenery and a chance to get out of your head are amazing things. "Not knowing what's around the bend forces runners to stay in the moment rather than think about how long they've gone, how many calories they've potentially burned, or what's on the to-do list back at home," says Andia Winslow, USA Track & Field elite athlete and senior coach at NYC's Mile High Run Club. The stats are pretty staggering: More than 7 million runners hit the trails last year, a noteworthy 11 percent jump since 2013, according to the Sports & Fitness Industry Association. A bit of FOMO may also be nudging us off the 'mill and onto the dirt. Check the Instagram hashtag #trailrunning and you'll call up nearly 1 million breathtaking pics. "It's demystifying the trail and inspiring women to explore," says Golden Harper, founder of Altra Running, a trail-running shoe company.

Explore first, blast fat next. "Because the texture of the ground is so inconsistent, your body is constantly using different planes of motion, which engages more muscles-especially your core!-burning more calories in less time," explains Winslow. That same range of motion helps your body better absorb stress, one reason researchers believe that trail running might limit injuries like shin splints and knee problems. Ready to lace up?





Hit up Trails.com for local off-road to map out a neighborhood run perfectly fit for your skill level adventures, or check the crowdsourced TrailRunProject.com for the and fitness goals. (The app also most popular routes in your area. lists popular preexisting routes, Or try Strava's free Route Builder app with info on the elevation gain and (available on iPhone and Android) estimated duration.)

RUN LIKE A PRO

Adjust Your Goals.

A four-mile run might take you, say, 40 minutes on pavement but well over an hour in the woods. "Depending on the trail difficulty, elevation change, and many other factors like the weather, it's much harder to assess just how long it may take," says Elinor Fish, a trail-running expert in Carbondale, Colorado. Expect to add about a minute or two per mile to your street pace on tough paths, slightly less on relatively smooth ground, and aim for 50 to 75 percent of your typical distance during your first few off-road adventures. Over time, you'll build the confidence and solid footing to speed things up.

Move Your Feet.

Gorgeous, gazelle-like strides have no business here. You've got to be quick and agile, staying on your toes and light on your feet."Shortening your stride, which keeps your feet landing under your hips rather than in front of your body, helps you react quickly, so you can maneuver around obstacles like roots and rocks," says Asics pro runner Megan Kimmel.

Use Your Arms. They're your body's natural counterbalance, helping you shift your weight and remain upright. When navigating tricky descents, let them flare out away from your sides a bit, keeping your elbows bent up high, near your chest; on gravel or loose-stone slopes, drop your arms slightly to help lower your center of gravity.

Don't Look Down.

Yes, you need to be aware of where you're stepping, but when you look straight down to watch every step, the natural reaction is to hunch forward, which shortchanges your lungs. To breathe easier, keep your back straight and chest tall.



>> MOUNTAIN BIKING

Relax, you're not auditioning for a Red Bull commercial: There will be no jumping off 15-foot cliffs or shredding through boulders—unless that's your thing. "It can be as casual or competitive as you want," says Amy Nelson, women's mountain product line manager for Specialized, a biking company. "It's about exploring new places, then grabbing a beer afterward."

Now that we've settled all that, a few facts: Women's mountain bike sales doubled in the first quarter of 2015; one women-specific company, Liv Cycling, saw this portion of its business shoot up 58 percent last year alone. What gives? "There are more women's-only clubs, rides, and clinics across the country than ever before," says Nelson. "There is a growing sense of community, which helps break down those intimidation boundaries."

That's not all that drove women off the roads:
According to Elysa Walk, the general manager of Giant Bicycle (parent company to Liv Cycling), there have been unprecedented rises in both women's cycling (in part thanks to the surge in triathlon participation, a gateway drug if you will), and

the number of gals spending time outdoors in nature.

Another revelation? Tons of hot-body bennies. "Mountain biking requires more micromovements as you ride, recruiting a lot of smaller stabilizing muscles when the ground gets rocky and bumpy," says Lindsey Voreis, director of the Liv Ladies AllRide Mountain Bike Clinics. "When your front wheel is bouncing with the terrain, you have to take control, pushing down with your shoulders, arms, and back muscles." With every ride, your legs, core, and upper body are fired up—building muscle and torching cals. So even if y a haven't biked since your first Huffy, you'll want in on this. Trust us.





- Ask your local bike shop about favorite trails in the area. (P.S. Many are now hiring more female employees to lead women's rides, clinics, and shop nights.)
- Visit MTBproject.com for maps and routes rated by other users. (FYI: Trail networks are generally marked similarly to ski runs with ratings of green, blue, and black diamond to indicate difficulty. But keep in mind that not all greens,
- blues, and blacks are created equal, warns Voreis. "The black diamonds in Bend, Oregon, are nowhere near as technical as the black diamonds in most of Colorado." she says.)
- Sign up for a clinic. "You'll learn quicker with some guidance, and it's way more fun," assures Lea Davison, cofounder of Little Bellas, a nonprofit all-girls mentoring mountain bike program.

RIDE LIKE A PRO

Take a Stand. If you stay in the saddle (that's the seat), you'll get bumped around like you're riding a mechanical bull, says Lea Davison, a two-time crosscountry mountain bike national champ. You'll score the most comfort, control, and balance by raising your butt an inch off the seat (so you're literally holding a squat position), keeping the pedals parallel to the ground and your weight in your feet (not hands!).

Find Your Line. "It sounds simple, but look where you want to go," says professional mountain biker Georgia Gould. "If you're eyeing that rock, you will hit the rock." Pick your line, or path, about 15 to 20 feet ahead of you, especially when descending. If you can't see a clear path, dismount for a minute and study the trail. "Sometimes I like to walk and check out the different options to decide which line I am going to ride," says Gould.

Go Easy. Proper braking is even more important on the mountain than the road because you use it much more often on tight corners and descents, says Voreis. Keep a finger on each brake at all times (rather than a full grip), which can

help you avoid instinctively squeezing them when you get nervous—a fast way to grab a face full of dirt.

And remember:
Always use both brakes
at once, applying gradual
pressure. Grasping only
the front brake can send
you over the handlebars;
squeezing only the back
brake might not be
enough to stop the bike.

Exhale. Picture a surfer riding a wave—constantly bending and moving to help the board follow the motion of the water. Same goes for mountain biking: Your arms, ankles, and knees must act like shock absorbers on rougher terrain to help

your bike move with the ground, not against it.

Problem is, when we're skittish—like you might be when you're staring down a steep hill with tons of sharp turns—our natural urge is to tense up. "If your arms are rigid and you have a death grip on the bars, you won't be able to maneuver the bike as smoothly," says Gould. "One of the best things you can do is periodically check in with yourself and make sure you are breathing and keeping your upper body relaxed."

Be Patient. The frustrating part about mountain biking is that your fitness level may improve way faster than your bike-handling skills. "It takes a while to feel confident on a bike, especially on trails," Gould says. "In races, I would pass lots of people on the climbs and get passed by everyone on the downhills. But I kept working on it, and eventually my skills caught up."

The key, continues
Gould, is knowing the line
between pushing your
limits and riding way past
them: "Don't be afraid to
walk your bike; I do it all
the time. You have to build
confidence little by little.
Challenge yourself when
you're feeling up for it,
but also know when your
body or mind is saying
'Maybe not today.'"

>> BACKPACKING

Back in 2005, if you asked the average woman if she had any interest in strapping on boots and heading out into the wilderness alone for a month, she would have asked if she was being Punk'd. (Oh. Punk'd. You were fun.) Then a little memoir called Wild came along-novice backpacker Cheryl Strayed's account of her three-month, 1,100-mile hike along the Pacific Crest Trail (PCT). And the landscape truly changed. "A decade ago, only around 10 percent of thru-hikers were women. Today, that number has leaped to almost 30 percent," reports Jack Haskel, a trail information specialist at PCT. And that's hardly the only hive of action. "Over the last few years, I would see women on the trail in couples. But now I'm seeing women going solo," says Liz Thomas, trail information specialist for the Continental Divide Trail, which spans 3,100 miles from Canada to Mexico. "I think the exposure of Chervl's story has helped empower women to feel like they can do it alone. They can have this life-changing experience all to themselves."

No need to quit your job and go off the grid for months on end: The majority of women are discovering the benefits of shorter, multiday adventures in the woods. For

one, backpacking is one hell of a workout. Case in point: Researchers at the University of New Mexico found that walking on a flat surface while wearing a weighted vest equivalent to 15 percent of a person's body weight increased calorie burn by 12 percent. And that's just on a flat surface! And then there's this quote: "It doesn't matter how often I go to Pilates, how many situps or crunches I do, or how healthy I eat; nothing gives me a six-pack like hiking," says Thomas. Boom.

Still, it's often what women are gaining—not losing—that keeps them coming back. "There's something very healing about the physical forward motion," says Jennifer Pharr Davis, a record-setting long-distance hiker who completed a thru-hike of the nearly 2,200-mile Appalachian Trail (AT) in 46 days in 2011. "What makes hiking unique is the cadence and rhythm of moving through nature at two to three miles per hour, which is a pace at which you can really appreciate things. It gives you time and especially space to think, to process through the big questions in life." Whether you're coping with loss, feeling restless in your relationship, or just searching for an adventure, you can find the remedy on the trail.



HIKE LIKE A PRO

Train Everywhere.

Backpacking is something you can prep for almost anywhere, at any time. If you're going for a three- to five-day hike, spend at least two more months prior doing 30 to 60 minutes of any cardio three to five days a week—especially if you hope to hike 10 or more miles a day on your trip.

Pack Smart. Remember, you lug it all yourself! Try to keep your pack below 20 pounds for a day trip, and between 35 to 45 pounds for overnight trips," says world-class climber Melissa Arnot, You can save yourself a hefty investment by renting gear from GetOutfitted, which offers backpacking packages for as little as \$22 per day.

Stay Alert. You might have some nerves about trekking through pitch-black forests. (Zoinks! Scoob!) Before you leave, scour online forums for women at WhiteBlaze.net and TrailJournals.com for safety tips on specific trails, including what nonhuman friends you might meet along the way so you can plan ahead. "And try not to camp near roads," suggests Thomas. "It might seem safer, but scary people come in cars. They don't usually want to hike in for 15 miles to get you." (Whoa, real talk right there.)

Don't Go Totally Wild.

How you plan your day on the trail is crucial, says Pharr Davis, who averaged 47 miles per day on the AT in 2011. "But start slowly," she says. "Give your body time to adjust to the trail, your pack, vour shoes. Then increase your mileage incrementally." Aim to be more aggressive with your morning mileage (storms often roll through in the afternoon), and on longer hikes, build in an extra day or two for bad weather or downtime in trail towns



- Sign up for day trips with local trail clubs and MeetUp.com groups, suggests Pharr Davis, who owns Blue Ridge Hiking Company in Asheville, North Carolina. (Ask your local outdoor retailer for suggestions.)
- Do as much research as you can. Visit BackCountryNavigator.com, GaiaGPS .com, and MountainProject.com, and read specific guidebooks for trails you're considering. For AT and PCT, download Guthook's Hiking Guides App as your
- pocket advisor, which offers the latest info on trailheads, campsites, water sources, and more.
- Build gradually. "To prep for the entire PCT or AT, begin with shorter outings on Wonderland Trail around Mt. Rainier, the John Muir Trail in the High Sierras, Vermont's Long Trail, the Bartram Trail or Art Loeb in the Southern Appalachians, or the Colorado Trail in the Rockies," says Pharr Davis.





Women are breadwinners in two-thirds of families with children, yet only half of us will pull in any sort of salary right after having a baby. With no financial support, about 25 percent of mothers are scrambling back to work after a measly 10 days—some still bleeding, most still reeling. As the debate for paid leave escalates, WH urges you to help us fight for the new American dream.

BY GRETCHEN VOSS
PHOTOGRAPHS BY DAN FORBES

The delivery itself was relatively easy. But within 24 hours, Karen and her new daughter were struggling. Karen's nipples were cracked and bleeding, the result of the infant's severe tongue-tie that prevented her from feeding properly. When the baby began to lose weight, doctors said she needed surgery to repair the condition, ASAP.

The next morning, Karen, 34, sat at the bedside of her recovering 5-day-old, tapping away on her smartphone—not to announce that the operation had been a success (though it had), but to reply to work messages. Two days later—a mere week after giving birth—she was back at her full-time job.



FATHER'S

"A whole lot of fathers would love to be home for their new baby's first weeks in the world," said President Obama during a 2014 White House Summit on Working Families. But three out of four dads take a week or less (stigma keeps many from using FMLA to take more). And the number of companies offering paid paternity leave is shrinking.

Research from Sweden-which offers fathers two months at about 80 percent of normal pay—found that each additional month of paid pat leave taken raises the mother's wages by nearly 7 percent, ostensibly because the more he helps with child care, the more she can work. Win-win.

Her employer had offered Karen* 12 weeks off, unpaid, under the federal Family and Medical Leave Act (FMLA). But with her salary making up nearly half of the family's income, "we couldn't afford it," says the Nevada-based mom. So, like millions of women, she sucked it up and soldiered on. The carpal tunnel she had developed during pregnancy intensified, making typing excruciating. Sleepless nights piled up. Her ability to focus plummeted.

How ironic that Karen worked for an organization that advocates for global maternal health, while her own country-our countrytreats working mothers like second-class citizens.

In a 2013 survey of 38 countries, America ranked dead last both in paid leave and protected leave—behind smaller (and poorer) nations such as Latvia, South Korea, and Mexico. Many of those regions give new moms a full salary, some for up to a year.

It gets worse: Wider research shows that out of 183 countries, the U.S. is one of only three that promises no paid leave whatsoever (even third-world Sudan and the Congo offer something). In fact, the U.S. doesn't even provide unpaid leave to every taxpayer: 40 percent of workers aren't even covered

by FMLA (see "The Crap to Expect When You're Expecting," below).

People!! Two decades after FMLA was passed, in 20-mother-effin'-15, the way America approaches working mothers isn't acceptable-it's completely ridiculous. The outrage is rising: President Obama called for paid leave in his 2015 State of the Union address; John Oliver's Mother's Day segment—"We have just one thing to say to all the mothers out there: Get the fuck back to work"was viewed more than 4 million times on YouTube. And the subject has taken over social media: One lifestyle blog quickly racked up more than 1.2 million Facebook likes after posting an "FMLA is bullshit" rant.

But all the talk is nowhere near enough. Not for Karen, or moms like her. "I developed anxiety," she says. Eight months after delivering her baby girl, exhausted and overwhelmed, Karen gave notice.

'The first three months are critical for the baby and the mother," says T. Berry Brazelton, M.D., emeritus professor of pediatrics at

Harvard Medical School. "Going back to work before then is asking for trouble." Yet, forced to choose between finances and family, many women do just that.

M.D.s recommend at least six to eight weeks off of work to recover from, ya know, expelling a human being from your body. It takes about four weeks for the uterus to shrink from the size of a watermelon to the size of an apple, and six for vaginal tears or C-section incisions to heal. Hormones can take months to stabilize, and "it can take up to six weeks for breast-feeding mothers' milk supply to become fully established," says Jeanne Conry, M.D., past president of the American Congress of Obstetricians and Gynecologists.

One study found that infants whose mothers went back to work before 12 weeks were less likely to receive all of their immunizations within the first



THE CRAP TO EXPECT WHEN YOU'RE EXPECTING

You're gonna need a spreadsheet to jigsaw together a maternity leave. In addition to any short-term disability or paid leave your company offers (only 12 percent of workers are lucky enough to receive the latter), you may qualify for a paltry-but best-case scenario-12 weeks of unpaid, job-protected leave under FMLA. To get even that, you have to tick these boxes:

Mave worked for your employer for at least 12 months. (Found out you're pregnant six weeks into a new role? Sorry.)

Mave logged at least 1,250 hours during those 12 months

Work at a location where there are at least 50 employees in a 75-mile radius

THE FINE PRINT

- You must give 30 days' written notice prior to the first day of your leave, so better turn in all that paperwork while you're nauseous and eight months' preggo and possibly on bed rest.
- ▶Your employer can require that you use your accrued paid days off during those 12 weeks. (You're back at work and your baby develops the flu? Oops, you're all out of sick and vacation days—and SOL.)



AN ORAL HISTORY OF FMLA

WH talked to three key players about their nine-year struggle to pass FMLA: attorney Judith Lichtman, then-president of the National Partnership for Women and Families, which wrote the first draft of the bill in 1984; Patricia Schroeder, then-Democratic representative from Colorado who sponsored the bill; and T. Berry Brazelton, M.D., world-renowned pediatrician who lobbied Congress relentlessly for it (he's still at it, at age 97!).

SCHROEDER: In the '70s, women were getting fired if they got pregnant. They were asked in job interviews if they planned to have a baby and not hired if they said yes.

LICHTMAN: In 1978. the Pregnancy Discrimination Act made it illegal to treat pregnant workers differently, but employers still weren't doing anything about leave. So we set about drafting FMLA. We wanted paid leave, but our opposition told us it would cause capitalism to fail. So we started by saying businesses with 15 or more employees had to offer 26 weeks, unpaid, but then we had to make so many compromises.

SCHROEDER: It broke my heart to have to keep watering it down. We reintroduced it every two years starting in '84. We were going nowhere, and so a few years in, Brazelton got involved.

BRAZELTON: I'd done some research on early attachment and I thought, What the heck? Every other wealthy democracy in the world gives mothers the opportunity to be with their baby.

SCHROEDER:

Brazelton and I did a Great American Family Tour across the country, from 1987 to 1988, talking to all kinds of people in town hall-style gatherings about the need for this policy.

BRAZELTON: I went to Congress with a tape of mother-infant attachment [during] the first three months. After I showed it, every congressman said, "We've got to have parental leave."

LICHTMAN: We finally passed it in 1990 with very healthy margins in both houses, with strong bipartisan support.

SCHROEDER: Then George Bush the father—who said he was for family leave—vetoed it, twice. He said, "Well I'm not for it as a law, I'm for it as an idea." That was just awful.

LICHTMAN: When Bill Clinton—who was a strong supporter of FMLA—defeated Bush in 1993, we passed it again. It became the first bill he ever signed.

SCHROEDER: We thought if we could just get it passed, in a couple of years it could be expanded. But that didn't happen. Two years ago, I was asked to go to the celebration of FMLA's 20th anniversary. I said, "Are you kidding? I'm so embarrassed you haven't expanded this. What are we celebrating? It's still unpaid."



18 months, leaving them vulnerable to serious diseases. Another showed that women who return to the job before those 12 weeks are less likely to breast-feed-a shame for those who would like or are able to nurse, since research suggests breast milk can lower a baby's chances of getting asthma, diarrhea, type 2 diabetes, and respiratory and acute ear infections. Breast-feeding may also help protect Mom against diabetes, heart attack, and breast cancer.

BREAST-

FEEDING CAN

BENEFIT MOM

A hasty return to work also makes it more likely that your baby blues will turn black. While up to 19 percent of all new mothers will suffer from postpartum depression (PPD), one study revealed that those who clock 40 or more hours when their infants are 12 weeks old are 22 percent more likely to be depressed than moms who work less.

Predelivery complications can add to the mental stress: Without a financial safety net, women face gut-wrenching

decisions. Prescribed bed rest during your pregnancy? You could use up all of your leave before you even give birth. Child born prematurely? You may have to choose whether to spend that time with her while she's in the NICU or when she comes home.

Even if you do get paid mat leave, you're not in the clear. Another side of your health might suffer: that of your career. Three-quarters of women entering the workforce today will become pregnant, often just as they hit their professional stride. Talk to any of them who have spent years clawing up the corporate ladder and you'll hear "ambition," but also "career insecurity" and "guilt." The work-life-balance conundrum screeches into overdrive.

Mara* knows that seesaw intimately. She was a rising star on Wall Street when she got pregnant. Her company's policy included three months of fully paid leave—but after two weeks, her colleagues were e-mailing, expecting instant replies. "My coworkers acted like I was on vacation. I ended up going back after a month, afraid I'd be cut out of new business," she says.

Experts like Vicki Shabo,

vice president of the National Partnership for Women & Families, say universal paid leave could help change this culture. A culture in which, studies show, employers consider mothers to be less competent and less committed to their jobs, and moms receive fewer raises and promotions than childless coworkers.

"Yes, women need time to heal from childbirth, but they are 'disabled' only for a short time," says Ellen Bravo, executive director of Family Values @ Work, "Yet when they return to work, they're often treated as if they're impaired by motherhood." The burn can even happen pre-baby: After Janelle Green, a 29-year-old researcher at a health-care company in Portland, Oregon, announced her pregnancy, she overheard an older female coworker tut, "Companies really need to think about this when they're interviewing and hiring young women."

This archaic mindset can also keep women in dead-end positions and erode their self-confidence. Janelle turned down a new job when she was pregnant because, without accrued vacation days, she wouldn't have had any income during her three-month leave. Back at work, she often feels like a liability. "I can never come in early or stay late, or work on the weekends like my coworkers."

BABY STEPS

So what's stifling our government's ability to make a universal progressive leave policy? Conservative trade groups and lawmakers claim it's just too expensive, says Bravo. (A handful of GOP leaders support some form of paid family leave, but the party has historically opposed government-funded time off; Republican senators recently voted against a similar bill to provide paid sick days.)

Yet evidence from three states that have instituted their own paid leave—Rhode Island, California, and New Jersey-proves that it actually benefits employers.

In California, which gives six weeks off at around 55 percent pay, 91 percent of companies report the law has boosted or had no impact on profits. Indeed, 9 percent say it saved them money, since they didn't have to shell out to replace workers. Plus, moms who took the allotted leave were more likely to return to work and go on to earn more.

Some private companies are getting hip to this: After Google started offering moms 18 weeks' leave at full pay in 2007, new mothers quit at half the previous rate. Just before we went to press, Microsoft and Netflix both announced extended policies, with the latter giving a *year* at full pay.

The federal solution, says Bravo, is "a social insurance fund." Enter the Family and Medical Insurance Leave Act (FAMILY). First introduced by Senator Kirsten Gillibrand in 2013, it would grant every worker-low-wage, selfemployed, part-time included-66 percent of their pay for 12 weeks by collecting a tiny portion of payroll contributions. The average person would chip in about \$1.40 per week (about 0.2 percent of their wages). "It would be a dramatic improvement from where we are now," says Christopher Ruhm, Ph.D., a professor of public policy and economics at the University of Virginia.

That big business has stalled the bill is infuriating. After all, the vast majority of Democratic and Republican voters support paid leave. So what will it take for the U.S. to take action?

That's what Janelle wants to know as she and her spouse desperately tag-team care of their newborn and 2-year-old. He works nights, she works days. She recently wrote her daughters a letter detailing the stress she feels at work, her guilt over missing bedtimes, the fights with her husband. She hopes her girls will get longer, paid maternity leavethat they'll avoid the pain and exhaustion that she continues to endure.

LEGAL AID

Women won't get paid maternity leave until we demand it. If you live in a state that's considering instituting a paid-leave program (find out at nationalpartnership.org), call—don't just e-mail—your representatives to voice support. On a federal level, get behind these champions of change:

- ► Presidential hopefuls Hillary Clinton and **Bernie Sanders** advocate for paid-leave policies. Follow their campaigns at hillaryclinton.com and berniesanders.com.
- ▶ U.S. Secretary of Labor ▶ Senator Kirsten Thomas Perez is traveling the country stumping for paid leave. Follow and RT #LeadOnLeave.
 - Gillibrand's FAMILY Act would establish a national paid-familyleave program. Fill out the petition of support at nationalpartnership .org/familyact.

WH WANTS YOU...

To help us advocate for paid leave:

- Read: Blog posts from Senator Gillibrand and other change makers at WomensHealthMag.com.
- Tweet: "#PaidLeavePays because..." saying why you want change. Or make a sign and post a photo, like WH's editor-in-chief Amy Keller Laird did (see page 14).
- Sign: Our Change.org petition, which calls on 2016 presidential candidates to disclose their positions on paid leave, and asks debate moderators to include the topic in upcoming debates. Visit change.org/paidleavepays.

Like no-makeup
makeup, sexily tousled
strands can be oddly
complicated. That's
why we've put the
"effortless" back into
effortless-looking hair.
Ready? The simplest
way to be a true...

Pretty Little Liars star Shay Mitchell recently posted a photo to Instagram showing off a messy-hair-don't-care pic.

Cool as it was, the hashtag caught our attention even more: #ItTookTwoHours. That's more than an hour longer than the average blowout at Drybar. Thanks, but no thanks.

Still, bedhead has never been more covetable—from Bumble and Bumble's new perfectly imperfect hair ads to the watched-a-zillion-times beach-waves tutorials from the Tone It Up fitness duo. So...ta-da! We've created three undone styles that are exactly what they should be: #FastAndFurious. By Jill Percia





at drugstores).



piecey precision. \$28,

neimanmarcus.com

\$29, bumbleand

bumble.com

wavy and curly. \$20,

ouidad.com

and sexy movement. \$24, ulta.com ■

















THE ULTIMATE GUIDE FOR WOMEN WHO RIDE



You ride differently, train differently, burn different macronutrients as fuel, and have a different relationship with your bike than male cyclists do.

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On the Cover Ostid slub cotton V-neck tee, \$25, dstidjeans.com blkdnm.com Arlel Gordon pavé huggies, \$695, arielgordonjewelry.com \$462, 203 jewelry.com Hirotaka diamond bar necklace, \$695, barneys.com Liv Haley Jewelry diamond bar bracelet, \$645, livhaley.com Carbon & Hyde Mikaela ring, \$2,760, carbonandhyde.com Dana Rebecca Designs Sylvie

Runway? Yes, Way!

Page 58

Gap high-rise resolution true ny jeans. \$70, gap.com L.K.Bennett Delila boot, \$675,

Joe Boxer high-neck tank top, \$10,

Equipment silk printed two-pocket

ar blouse, \$298, equipment fr.com Billabong Liv Forever sweater v07dliv/bls, \$60, billabong.com Page 64

Cynthia Rowley bonded satin.

A-line dress 771322, \$378, nordstrom.com

15-Minute Workout: You Can Swing It

ine Bra ,\$55, lolewomen.com Under Armour Artsy legging #1254070, \$75, ua.com Puma sneakers, Faas 500 v4, \$90,

Reese Rules TO 132

Page 129 Pam & Gela twisted slit dress, nordstrom com

Sydney Evan Moon and Star charm e \$770, sydneyevan.com David Yurman Bar Metro bracelet, , davidyurman.com

EF Collection diamond pyramid bangle, \$1,420, efcollection.com Page 130

Draper James embellished top, \$295, draperjames.com Joe's The Charlie skinny jeans s27rgn5754, \$169, joeseans.com Zoe Chicco Hope necklace, \$590,

Melissa Kaye Cris ring, \$13,200, ayejewelry.com

Page 132 Draper James Boone piped chambray shirt, \$150, draperjames

Citizens of Humanity race ow-rise skinny jeans 1443g-372, \$248, citizensofhumanity.com Zoe Chicco 5-band ring 5bdr/3/

pd, \$2,975, zoechicco.com Carrie Hoffman Jewelry pavé cigar band, \$2670.

Jennie Kwon Designs Buckle ring.

\$420, jenniekwondesigns.com Arlk Kastan bar-link bracelet, \$3,780, arikkastan.com

Think Outside the Box

Page 155 Eddle Bauer Crossover Hybrid ket, \$129, eddiebauer.c Columbia hoddie 1618781, \$90,

Athleta Chaturanga tights, \$74,

Merrell boots, \$140, merrell.com

Arc'teryx Cyclic zip-up 13246,

\$125, arcteryx.com Eddle Bauer Crossover Hybrid est, \$99, eddiebauer.com Athleta Swipe Sonar tights, \$84,

Pearl Izumi trail-running shoes,

Maul Jim sunglasses 426-02, \$199.

Osprey Packs backpack rev 1.5,

Timex Ironman one gps+, \$200, Specialized Bicycle Components

Andorra comp jersey, \$60, shorts, \$85, gloves, \$25, socks, \$18, and shoes, \$130, specialized.com CSBLA LS henley, \$75, csbla.com Smith Forefront helmet, \$220,

tics.com Page 158 Adidas by Stella McCartney Burton Grace plaid shirt, \$60,

CSBLA LS henley, \$80, csbla.com PrAna Meme pants, \$85, prana

Timberland Chocorua trail boots. mberland.com L.L. Bean Deuter Futura pack 288523, \$159, Ilbean.com

Mother F!#\$*R

Veronica Beard black scuba jacket, beard.com

Yoana Baraschi top e2b122, \$229, Eitenne Algner skirt 200282,

\$265, etienneaigner.com Tacori Island Rain Crescent stud earrings, \$520, tacori.com Alfani silver know bangles, \$42.50,

Pandora Jewelry crystallized floral fancy ring, \$125, and Abundance of Love ring, \$45, pandora net Shinola The Gomelsky Moon Phase watch, \$750, shinola.com

Hot Mess

Blaque Label tuxedo dress, \$156,

CeCe by Cynthia Steffe lace dress,

Line + Dot ostrich tank, \$218, panddot com

Leather Unbound

Colette Malouf diamond feather barrette, \$275, colettemalouf.com Pushmataaha Mema Tribe ring, shmataaha.com

Drome dress Dpdo465, \$2,040,

Melissa Joy Manning square hoops, \$100, susancampbell

Colette Malouf 1-line ring, \$65, coletternalouf.com
CC Skye hexagon ring with pearls, \$48, glam Page 175 moc suptuodn

Jill Stuart Johanna chevron jacket, jillstuart.com

Wwake pinched crest earnings,

Charmed Circle triple-color drop ring, \$98, charmedcircle.com DKNY Hosiery opaque coverage control-top tights 412NB, \$16, nordstrom.com

Page 176

Georgine bordeaux rubberized leather wrap skirt, \$1,275,

Charmed Circle lace-up ring, \$118,

Elizabeth and James Livi cuff.

\$150, southmoonunder.com Page 177 Drome jacket dpu8272, \$1,336,

Charmed Circle leather born charmedord

Pushmataaha Shield ning, \$330, Giles & Brother The Original

Cortina cuff, \$18 gilesandbrother.com

Page 178 Drome shirt dpd0413, \$1,125, dromedesign.it Santoni Tolosa shoes, \$1,185,

santonishoes.com Pushmataaha Majaji ring, \$285,

pushmataaha.com

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PROMOTION

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If it's reached toddler status, it's time to go: Within a year of use, bras start to lose their support, style and fit sports bras most bounce, out at six hit the gym times a week.



TREAT IT **RIGHT**

So sayeth the **Bra Gods:**

To extend a bra's life, don't wash or dry it in a machine: it messes with the underwire and padding. No time to hand-wash? Do it in the shower! (Or at least put your bra in a mesh lingerie bag in the washer.) Then lay flat or hang by the center to dry. Wash every two or three wears, but don't don the same bra twice in arow-too much stretching.

BRAS

These small pieces of fabric are a big deal—for your sides. back, and, of course, boobs. Find your match.



YOUR NEW BUSTIE

1/SPORTS

The first layer has cups for separation (read: no uniboob); the top layer zips up to prevent bounce. Victoria's Secret Knockout Front-Close Sport Bra, from \$56, victorias

secret.com

2/BASIC

Here, being #sobasic is so necessarysmooth cups won't show through even vour thinnest white tee. Wacoal La Femme Underwire T-Shirt Bra. \$60, wacoalamerica.com

3/SEXY

No bows or cheesy frills here. With its plunging neckline, and scalloped edges, it's a modern bombshell. Triumph Iconic Essense Underwire Bra, \$88, triumph.com

4/BACKLESS

You get 25 wears out of this sticky bra. Hand-wash, store in its original packaging, and avoid lotion when it's on. Fashion Forms Go Bare Backless Strapless Bra, \$36, macys.com

5/STRAPLESS

Elastic sides and back allow for a custom fit, with silicone gripper strips to keep it locked in place-up to size DDD. Chantelle Sublime Invisible Strapless Bra, \$78, iournelle.com

GET FIT

Did va hear the one about the Buzzfeed writer who went to six different stores to get fitted-and got six different assessments? No wonder 85 percent of women still wear the wrong bra size! Whatever letter and number an expert suggests, always try on the bra and check these factors:



Straps

Adjust for comfort. Contrary to popular belief, these are not your sole support system, so no need to make them extra tight!



Band

This is where the support comes from, so it should fit snugly. Test: If you can slide two fingers underneath, that's a good fit. A whole hand? Too loose. And if the band rides up in the back, it's too big.



Cups

Your breasts should fill the cup, but not too tightly. If there's any spillage, try a bigger cup size. If there's a large gap, go down.



Gore

This is the center that holds the two cups together. This should lie flat against your sternum. If it's pulling away from your skin, you need bigger cups; if it's digging in, the band is too tight.

ORDERING ONLINE?

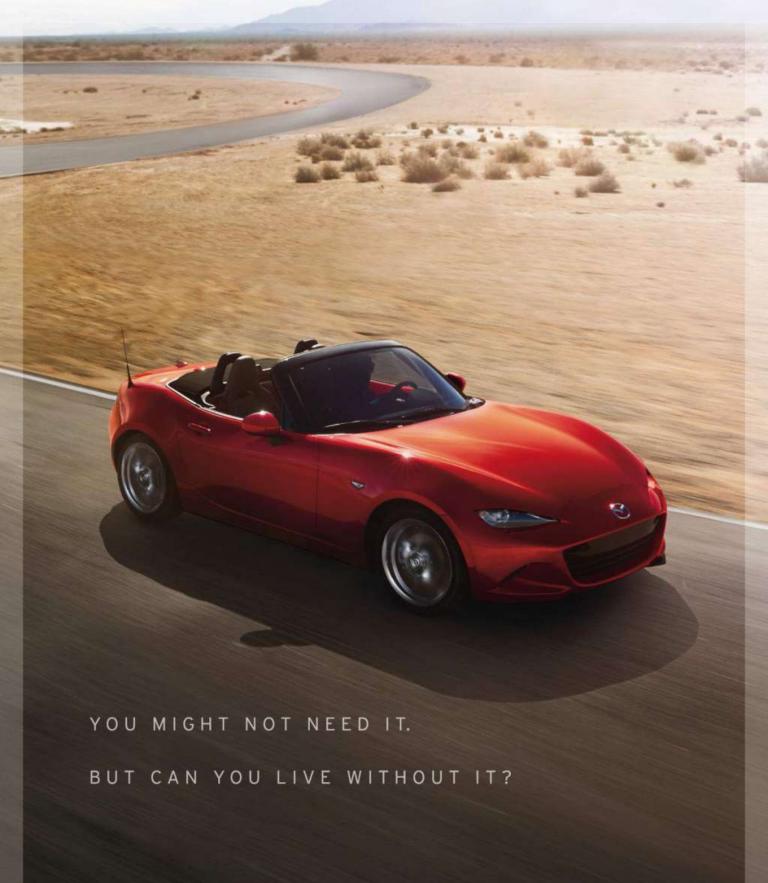
As with jeans, not ideal unless you already know how the brand fits. But if you must, here's the 1-2-3.

1/ Measure under your boobs with a tape measure. That number is your band size.

2/ Measure the fullest part of your bust.

3/ Subtract the second number from the first. Each inch in difference equals a larger cup size. (1 inch = A, 2 inches = B, 3 inches = C, and so on)

Sources; Jenny Altman; Rebecca Aspan, owner of La Petite Coquette; Jene Luciani, fashion and style expert







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